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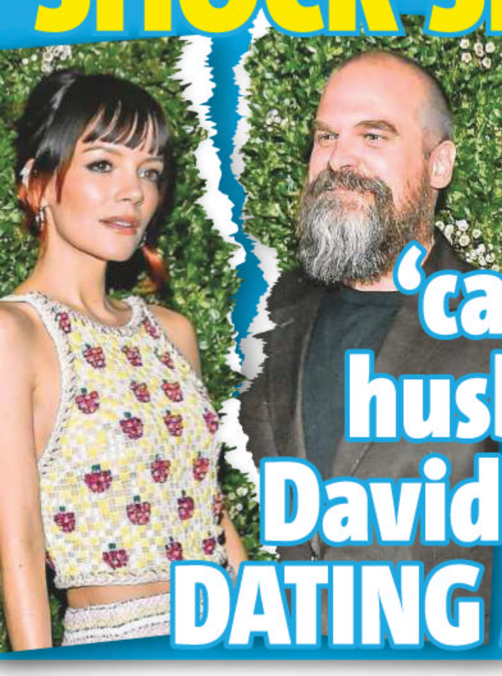

How Lily 'caught husband David on a DATING APP'

A MUM'S WORST NIGHTMARE

'My beautiful girl went to bed... and didn't wake up'

MEGHAN'S NEW SHOW

'IT'S NOT GOING TO END WELL'

Blasted for 'attention seeking' as couple spend time apart

SIZE 10

'I lost 4st – and look 10 YEARS YOUNGER!'

Sleep SOS

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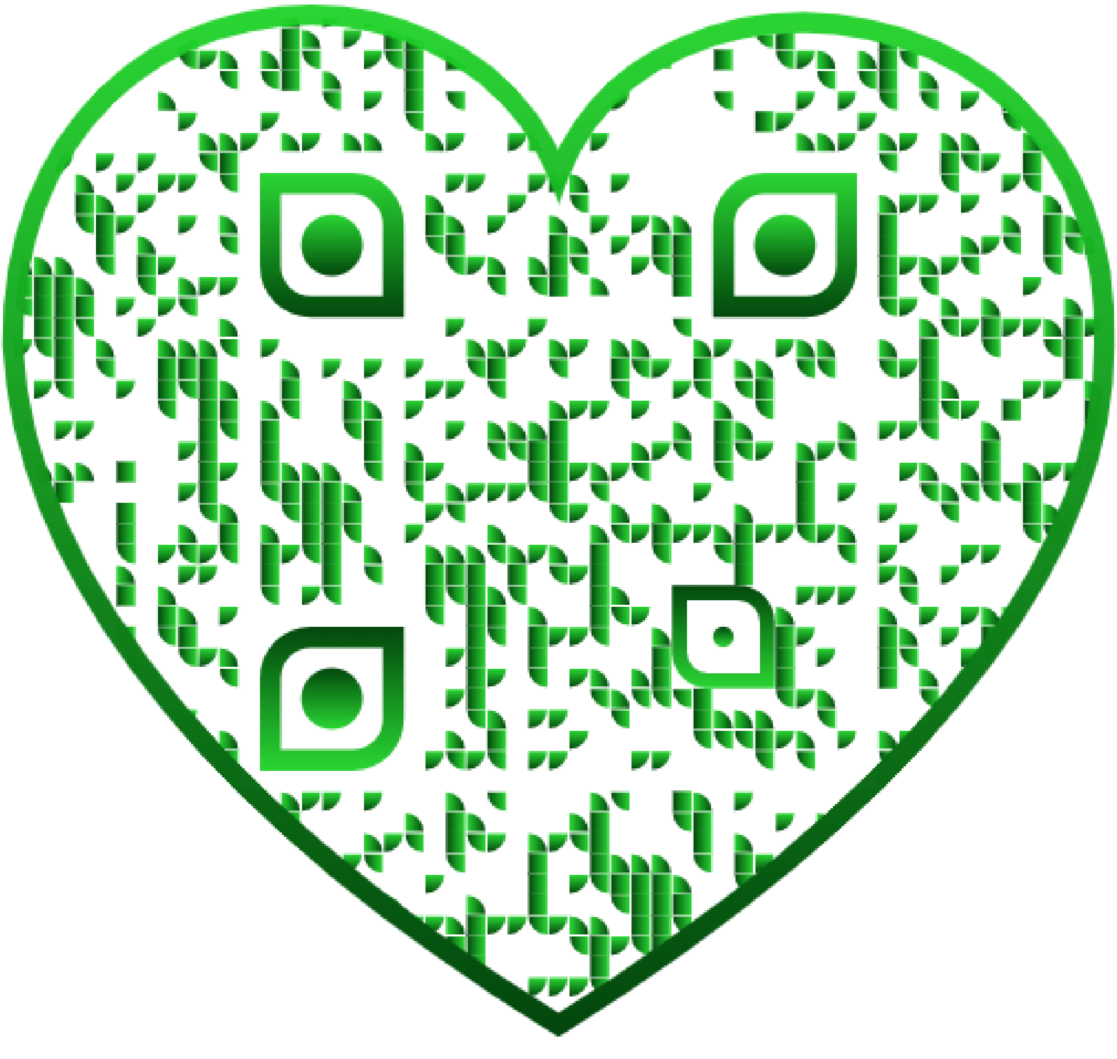
PETER ANDRE CHAT

'I've been having kids for 20 years – NOW I'm done!'



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this week in bella

HAPPY 60TH, SOPHIE!

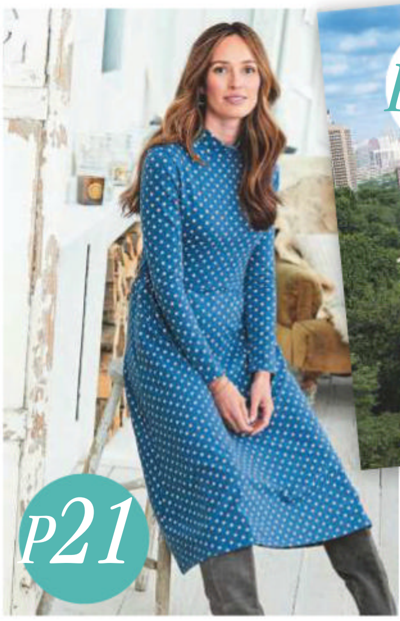
The Duchess of Edinburgh hits the milestone on 20 January

Special celebrations are in store for Sophie Wessex, who turns 60 next week. The Duchess of Edinburgh, who shared a close bond with the late Queen and was her confidante, has fast become a valued member of the royal family.

Rather than a big bash, Sophie – who worked in PR before she married into the royals – is likely to spend it with her family: husband and 'best friend' Prince Edward and their children Louise, 21, and James, 17, at their home in Bagshot Park, Surrey. But as a senior and much-loved member of the royals, King Charles will ensure that Sophie's milestone day is marked in a special way.

Since Queen Elizabeth II's death in 2022 and the King and Kate Middleton's health battles last year, Sophie has become a treasured ambassador of the Crown and one of the Firm's hardest-working members. As patron to over 70 charities and organisations, she also serves causes close to her heart, including championing the sight-loss community and fighting for the equality of women and girls around the world.

'Sophie is one of the strengths of the new monarchy – elegant, engaging and empathetic,' royal expert Jennie Bond said.



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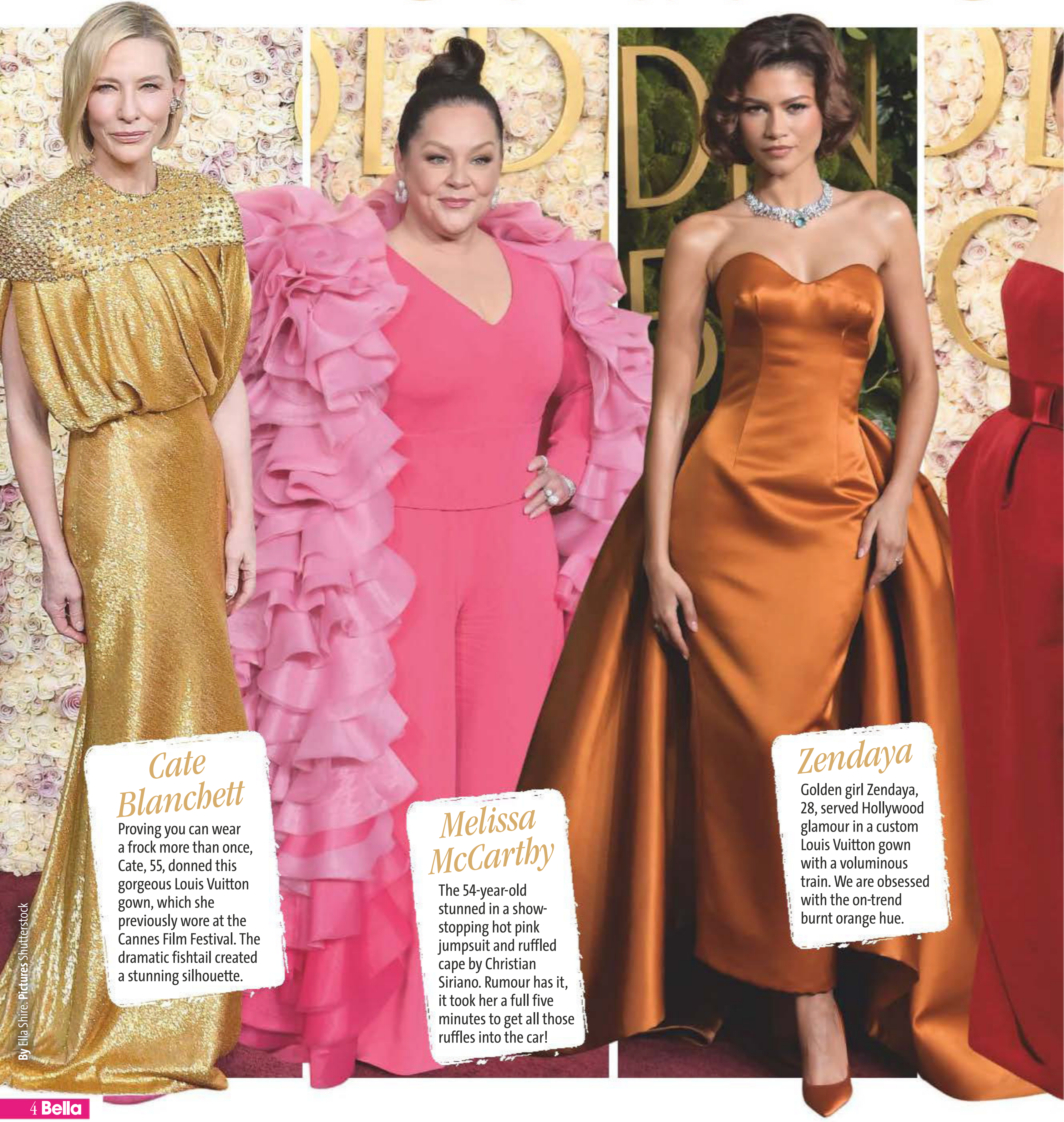
By Shereen Low **Pictures:** Getty **Front cover photos:** Shutterstock

Golden Gl



Cate Blanchett

Proving you can wear a frock more than once, Cate, 55, donned this gorgeous Louis Vuitton gown, which she previously wore at the Cannes Film Festival. The dramatic fishtail created a stunning silhouette.

Melissa McCarthy

The 54-year-old stunned in a show-stopping hot pink jumpsuit and ruffled cape by Christian Siriano. Rumour has it, it took her a full five minutes to get all those ruffles into the car!

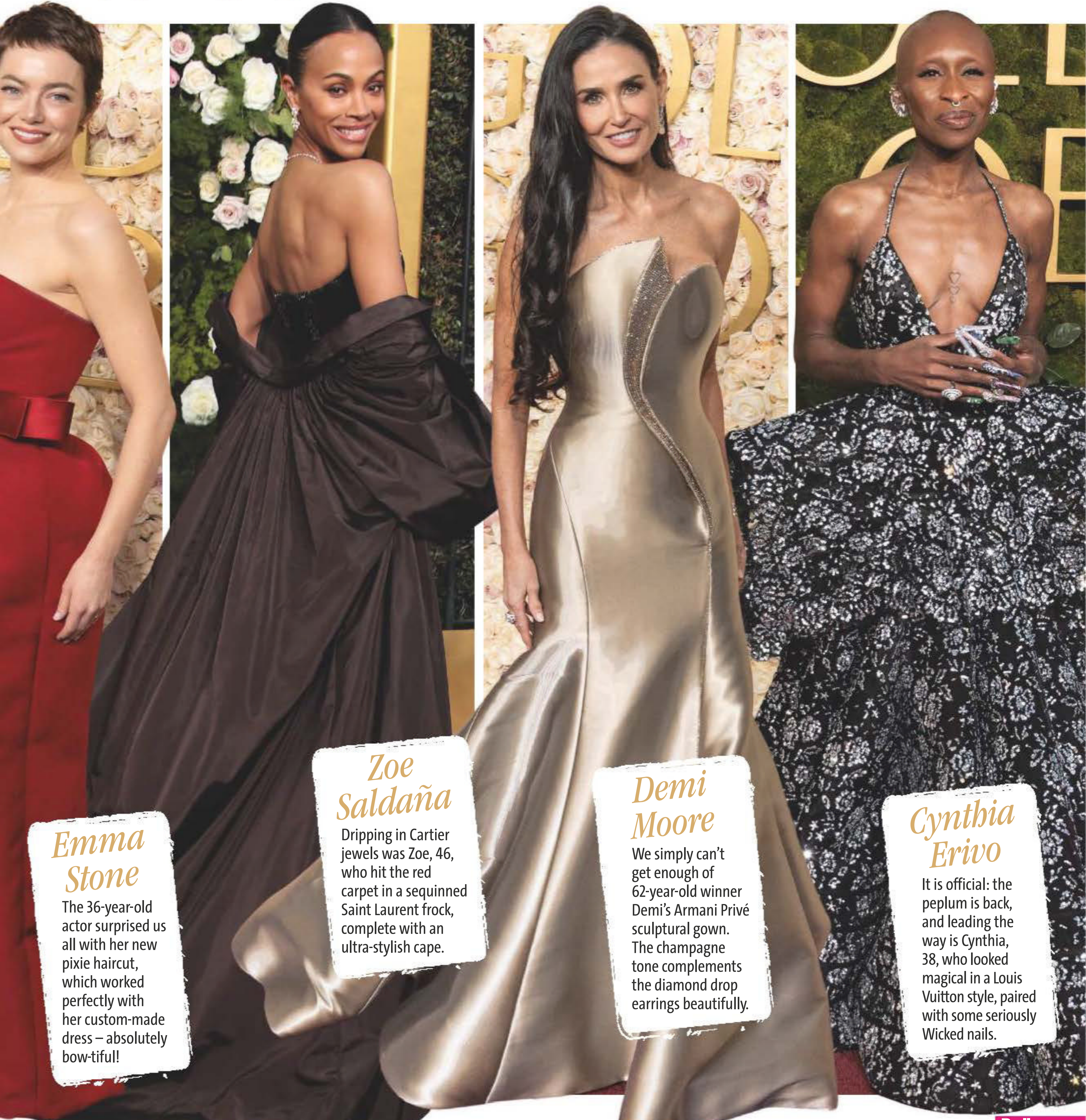
Zendaya

Golden girl Zendaya, 28, served Hollywood glamour in a custom Louis Vuitton gown with a voluminous train. We are obsessed with the on-trend burnt orange hue.

By Ella Shire. **Pictures** Shutterstock

obes

Awards season is here, and the stars are dressed to impress



Emma Stone

The 36-year-old actor surprised us all with her new pixie haircut, which worked perfectly with her custom-made dress – absolutely bow-tiful!

Zoe Saldaña

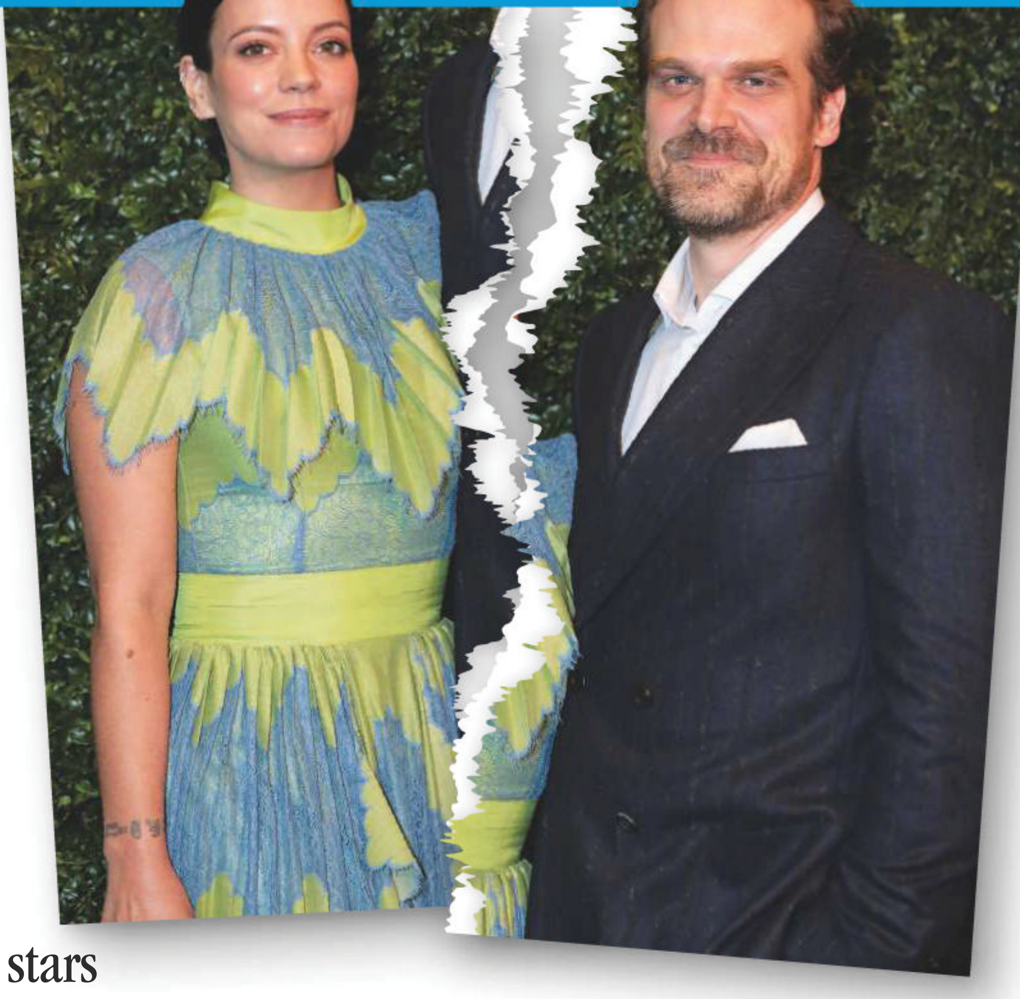
Dripping in Cartier jewels was Zoe, 46, who hit the red carpet in a sequinned Saint Laurent frock, complete with an ultra-stylish cape.

Demi Moore

We simply can't get enough of 62-year-old winner Demi's Armani Privé sculptural gown. The champagne tone complements the diamond drop earrings beautifully.

Cynthia Erivo

It is official: the peplum is back, and leading the way is Cynthia, 38, who looked magical in a Louis Vuitton style, paired with some seriously Wicked nails.



SHOCK SPLITS

The year has started with a lot of heartache for these stars

Move over Coleen Rooney, there's a new celebrity sleuth in town: Lily Allen. It's been claimed that the singer recently turned detective after becoming suspicious that her husband of four years, actor David Harbour, was cheating on her – and now the pair have reportedly split.

A source has said, 'Lily was looking for women who were on networking app Raya and cross-referencing them with women David follows on Instagram to try to figure out who he was seeing. She was doing her Wagatha thing.

They continued, 'Lily has never even looked at anyone since she met David. She is devastated.'

Creating a profile on the celebrity dating app, Lily, 39, reportedly discovered that David, 49, had a secret account just days after he allegedly broke up with her last month. And Lily isn't the only celebrity welcoming in 2025 as a singleton…

Having turned 50 last year, Kate Moss has been re-evaluating her priorities in life and seemingly at the top of the list is having fun – meaning her boyfriend of nine years Count Nikolai von Bismarck's teetotal lifestyle doesn't work for her any more.

'Kate and Nikolai have been on and off for months, and eventually Kate felt the time was right to move on and cut ties,' explained a source. 'Despite being 13 years her junior, Nikolai wants to enjoy a quieter life. He remains on his sober path and they just have increasingly different hobbies and wants.'

Kate, who turns 51 this week, and Nikolai, 37, have been dating on and off since their romance began in 2015 after years of being friends.

Additionally, reality stars Sam Thompson and Zara McDermott have shocked fans with their break-up after five years together, with Zara, 28, reportedly having already moved out of the pair's shared home in West London.

An insider said, 'It's been an incredibly difficult decision for them to part ways, they still have a lot of love for each other. But after a tough year of working hard at their romance, they have split and will be focusing on their individual careers going forward into 2025.'

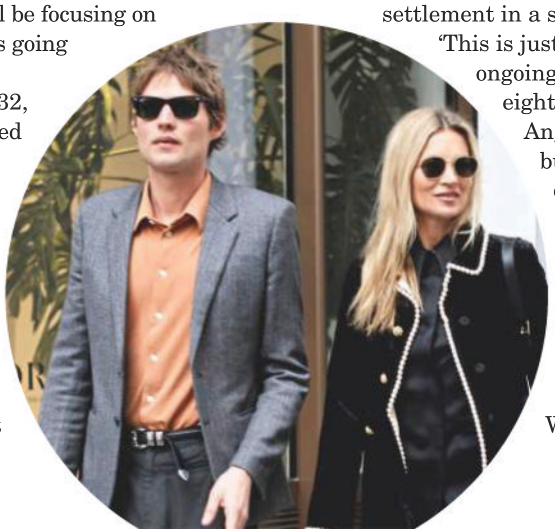
While neither Sam, 32, nor Zara have confirmed the news – and were just weeks ago publicly paying tribute to each other on their respective social media accounts – Sam's older sister Louise, 34, appeared to confirm the pair's split after liking an Instagram comment that read, 'Hope you don't just drop Zara.'

In more positive break-up news, Angelina Jolie and Brad Pitt have finally reached a divorce settlement eight years after the *Tomb Raider* actor originally filed, citing 'irreconcilable differences' following an alleged incident on a plane.

In April 2019, the pair were declared legally separated, but negotiations continued over custody of their six children – Maddox, 23, Zahara, 19, Shiloh, 18, Pax, 21 and 16-year-old twins Knox and Vivienne – as well as their joint winery Chateau Miraval.

Angelina's lawyer shared some details of the settlement in a statement that read, 'This is just one part of a long ongoing process that started eight years ago. Frankly, Angelina is exhausted, but she is relieved this one part is over.'

While Brad, 61, has been dating Ines de Ramon since 2022, Angelina, 49, is believed to be single following a reported romance with The Weeknd in 2021.



BABY JOY

Fiction has become reality for Michelle Keegan. After playing a mum in the Netflix hit *Fool Me Once* last year, the actor, 37, has revealed that she is expecting her first child with husband of nearly 10 years Mark Wright.

With the caption, '2025 is going to be a special one for us,' Michelle and Mark, 37 – who met while on separate holidays in Dubai back in 2012 – shared a sweet snap of Michelle cradling her growing baby bump to announce the news.

The pair's friends were quick to respond, with Coleen Rooney writing 'Congratulations' while Helen Flanagan commented, 'Omg darling so happy for both of you.'

Stacey and Joe's new show

Finally confirming the rumours that have been circulating for months, Stacey Solomon and husband of two years, Joe Swash, have announced that their family-based reality TV series *Stacey & Joe* will be coming to the BBC in the spring.

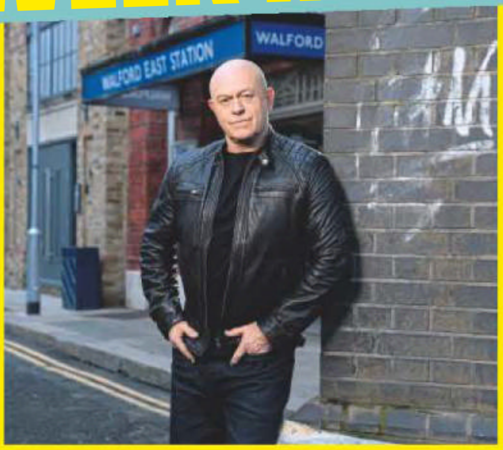
With filming taking place last summer and autumn, the show is expected to document the couple's second wedding anniversary and Stacey's win at the National Television Awards, as well as everyday life at Pickle Cottage – where Stacey, 35, and Joe, 42, live with their children Rex, five, Rose, two, and Belle, one, as well as Stacey's two eldest sons Zachary, 16, and Leighton, 12, from previous relationships.

Sue Quits Corrie

A quarter of a century after storming onto our screens as single mum Eileen Grimshaw on *Coronation Street*, Sue Cleaver has announced that she's leaving the Cobbles. In a statement, the 61 year old shared, 'I've had 25 privileged years of working on *Coronation Street*. The door is still firmly open but as I reached my 60th year, I decided it was time to embrace change, look for new adventures and live fearlessly.' Eileen was at the centre of some of *Corrie*'s most memorable storylines including her marriage to serial killer Pat Phelan (Connor McIntyre) and her on-screen rivalry with Gail Platt (Helen Worth).

By Daisy Hall. **Pictures** Shutterstock, Instagram

WEEK IN PICS



Familiar faces

As *EastEnders* gears up to celebrate 40 years on screen, fans are delighted to hear Ross Kemp will be returning to Albert Square – eight years after his final appearance as Grant Mitchell. Ross, 60, shared, '*EastEnders* has always meant so much to me.'

A girl's best friend

They've been married for 16 years, but producer Chris Hughes proved that the spark was still very much alive with wife Amanda Holden by reportedly upgrading her diamond engagement ring over Christmas to one worth £200,000 – over £150,000 more than the 53 year old's initial band.

Viva Forever

Richard E. Grant made quite the statement at his daughter Olivia's 36th birthday, digging out his iconic purple suit from 1997 movie *Spice World* for the prom-themed party. Lest we forget, Richard, 67, played Clifford, the Spice Girl's difficult manager. Iconic!

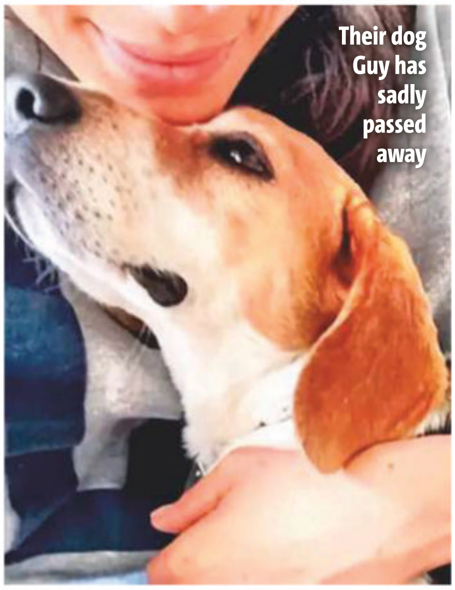
'It's not going to end well'

As she spends time away from Prince Harry, Meghan Markle's new show garners a mixed response

Her famous friends will join her on her show

Meghan Markle has once again found herself in the homes of millions with her brand-new Netflix show. Dropping this week, *With Love, Meghan* shows the Duchess of Sussex as the ultimate homemaker – however, it's garnered a mixed response, with some left more angry than amused at the 'attention seeking' show.

Kickstarting her year with the career high, Meghan, 43, recently returned to social media, launching a new account on Instagram and announcing that *With Love, Meghan,* will drop on 15 January.


Their dog Guy has sadly passed away

The Martha Stewart-esque series is the latest instalment in Harry, 40, and Meghan's multimillion-pound Netflix deal – showing the star chopping veg, decorating a Victoria sponge, kneading focaccia and arranging flowers, as she narrates, 'Love is in the details. I've always loved taking something pretty ordinary and elevating it.'

But it wasn't all positive news. Meghan also revealed that her beloved dog Guy, who she had adopted in Canada in 2015, had passed away. In an emotional post, Meghan revealed she had 'cried too may tears to count' upon the loss of the beagle, who she added appeared in her series. 'I hope you come to understand why I'm so devastated by this loss,' she said, adding. 'I think you may fall a little bit in love too.'

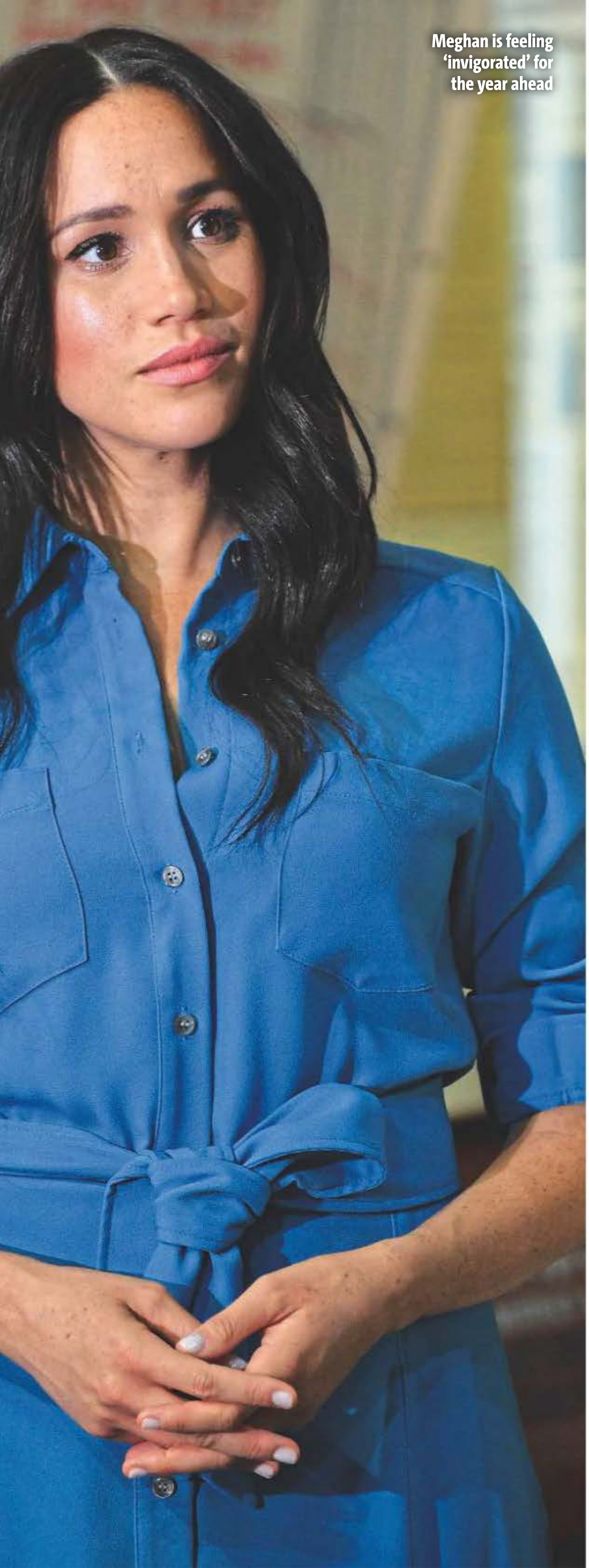
However, in addition to her grief, the Duchess also had to deal with the fact many were not thrilled to see her on screens. As rumours swirl that the Sussex pair are spending more time apart, the new series focuses entirely on Meghan – with guest appearances from her famous A-list friends.

Taking to social media, one viewer wrote, 'Another show no one will watch, the equivalent of watching paint dry.' Another unimpressed viewer blasted her for 'attention seeking'.

Also quick to chime in was American TV personality Meghan McCain, 40, who wrote, 'I would have told her to do a show helping bring fresh food to low-income neighbourhoods. Do something to help people instead of your ego. Completely and utterly tone deaf.'

'I've cried too many tears'

Many also criticised her return to social media. Before her marriage to Harry, Meghan ran lifestyle blog The Tig, but she shut it down before the wedding. After they quit their roles as working royals in 2020, they cited they had a 'basic right to privacy'. So some were surprised to see her back with a personal Instagram account. One wrote, 'So she vowed never to return to social media?



Meghan is feeling 'invigorated' for the year ahead

Some have branded the show 'out of touch'

Prince Harry is only seen briefly in the trailer for the show

Didn't take long for her to crave some sort of limelight. It's not going to end well.'

It wasn't all negativity, though. A fan argued, 'Meghan never said she wants to be relatable – and I don't want her to. I want her to be rich and luxurious. I want her to invite me into her world. I want to watch her and escape.' Another supporter agreed, 'I love the colours and energy in this [show], so wholesome.' And as *With Love, Meghan* proves to be the Duchess' next step into the world of influencing – with her lifestyle brand, American Riviera Orchard, said to be a top priority in 2025 – an insider also revealed that Meghan is feeling positive.

'Harry isn't happy'

They shared, 'Meghan is coming into this new year feeling really invigorated, and she's done playing small. She's been told by everyone who's seen her series that she's got a hit on her hands. Only time will tell, but if it does succeed, that will no doubt be a disaster for the royals. It will go a long way to prove that she's the one that's got the public's interest, which will mean more opportunities for her to be front and centre – and more demand for her tell-all memoir.'

Although part of their joint Netflix deal, *With Love, Meghan* places Prince Harry on the sidelines – something which branding experts say could continue with the pair further separating their work lives.

Opening up about Meghan's solo TV venture, marketing and consumer research expert Pauline Maclaran said, 'Meghan and Harry seem to have separated their brands. I think it's likely to be much more successful, because the two of them together weren't really getting any strong recognition.'

However, separate brands means separate schedules. Just last month, reports alleged that Harry and Meghan were living separate lives – with their career demands often leaving them navigating a long-distance relationship, while juggling being parents to Archie, five, and Lilibet, three. A source said, 'The question for Meghan and Harry is how to make time for their marriage, as they appear to be on separate pages in their lives. Friends are worried that, if things get any more tense between them, then they may start wondering if it's all worth it – especially if Harry isn't happy with the way things are.'

Speculation also swirled late last year that the Sussex duo were butting heads over hopes for 2025. According to royal insiders, a tumultuous 2024 – which saw both King Charles and Kate Middleton undergo cancer treatment – has left Harry hoping to heal family rifts. However, it's alleged Meghan is less excited at the thought of a UK return – having not returned since the Queen's funeral in 2022.

Now, the source reveals that Harry is determined to achieve his own goals this year. They say, 'Harry loves Meghan and his children, but he would be lying if he said the last year or so hasn't had a huge toll on him and his general wellbeing. He wants nothing more than peace with the royal family, and he's worried that Meghan's career goals and plans to push forward without that happening could leave him estranged from his family for the rest of his life.'

By Lottie Roberts. **Pictures** Action Press, PA Images, Alamy, The Media Agency, Instagram, Netflix / BACKGRID

THE GLAM GIRLS!

The daughters of famous parents destined for stardom

She has an interest in film and TV

Vernon and Tess encourage Phoebe's independence

Phoebe Kay

The 20-year-old daughter of Tess Daly and Vernon Kay has been stepping into the limelight after making her red-carpet debut with her dad in March 2023. And last month, Vernon and Phoebe made their first appearance on screen together, giving viewers a glimpse into their festivities via an advert with EE. The BBC Radio 2 host, 50 – who shares Phoebe, as well as Amber, 15, with wife Tess – has detailed the importance of his daughters being independent when it comes to their futures.

He said, 'I don't disagree with anyone that [encourages personal development] by helping their kids, which is great, but I just think sometimes for us, personally, it's whatever they're into, they can go and discover themselves.'

Phoebe is currently at university studying film and television – the industry her famous parents know all too well. 'I like the production and editing side,' she revealed in an interview.

While Phoebe comes back to visit her parents often, it wasn't an easy farewell, as Tess previously explained, 'I remember silently sobbing all the way back down the motorway, because she's my baby, my first-born. I'm her best friend, really. It broke my heart.'

Lexi Hughes

With over 31,000 Instagram followers and a budding modelling career with renowned London agency Storm, the eldest daughter of Amanda Holden and Chris Hughes is already making waves.

Lexi – who turns 19 later this month – has made several glamorous appearances with her famous mum, 53, over the years. They were last photographed together when the family rang in the new year up in Scotland, where Lexi appeared to pose with her new boyfriend.

2024 was a highly memorable year for Lexi. In September, the up-and-coming runway star made her catwalk debut during London Fashion Week, just a day before heading off to university.

Expressing her pride, *Britain's Got Talent* judge Amanda wrote, 'We couldn't have been more proud of our daughter this evening walking in her first LFW show. This year has been a significant one for her, she has worked really hard with her A-levels and she got herself into a great university. Chris and I love her to bits and her little sister Hollie looks up to her so much. It's a wonderful moment for her.'

And Lexi reflected, 'Everyone looked after me and it's surreal that tomorrow I start uni!'

Amanda is one proud mum

By Millie Payne. Pictures Shutterstock, Alamy, Instagram, PA Images

Lexi made her catwalk debut last year

Darcey Draper

She went off to uni in 2024

As Kate Garraway continues to navigate her grief after losing husband Derek Draper last year, their children Darcey, 18, and Billy, 15, have been making her proud. Both Darcey and Billy made appearances in their mum's trio of award-winning documentaries chronicling Derek's ailing health, and accompanied Kate on stage when she won the NTA for best authored documentary last year for *Derek's Story.*

Good Morning Britain host Kate, 57, documented the moment Darcey headed off to university in September, sharing a video that featured the family photo Darcey had packed to take with her. Kate posted, 'And just like that she was off! That tiny helpless baby we brought home from hospital 18 years ago has gone to uni! Just like thousands of other parents this weekend I was playing that game of student Jenga trying to get it all in the car.

'Thank goodness my beloved Victor Volvo has a massive boot! Such an emotional moment on so many levels and boy is the house quiet. But Darcey we couldn't be prouder of you starting this new chapter in your life and know your dad is with you all the way.'

Darcey and Billy supporting Kate at the NTAs

Rosie Smith

TV host Lorraine Kelly has an incredibly close bond with her daughter Rosie, who she shares with husband Steve Smith, and was thrilled to become a grandmother after Rosie welcomed her first child last summer. Tagging Rosie, 30, and her fiancé Steve Wright, Lorraine, 65, wrote on Instagram, 'I have been BURSTING to share this wonderful news with you! Baby Billie is an angel and I'm so proud of Rosie and Steve who will be the best parents. I'm delighted to be Granny Smith and can't wait to go on adventures.'

Rosie is no stranger to the showbiz industry. Not only has she appeared on her mum's daytime show several times, but she has joined forces with Lorraine on a podcast called *What If?*, where they welcome guests to discuss their 'sliding doors' moments in life.

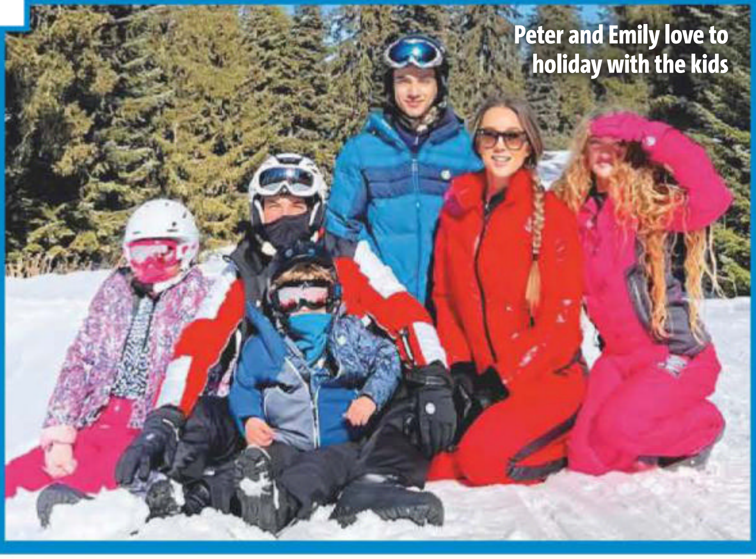
Opening up about her mum, Rosie – who called Lorraine's support during her struggles with post-partum anxiety as 'invaluable' – said in September, 'People often ask me what it's like having a famous mother, but my mum's been famous all my life so I've never known any different. Of course, it has its ups and downs, but deep down she's always been just Mum to me.'

Lorraine and Rosie have always been close

Rosie is no stranger to the limelight

Peter Andre: ‘I’d rather be known as a FAMILY MAN than a pop star’

After two decades of having kids, proud dad Pete tells *Bella* why he’s finally done



Peter and Emily love to holiday with the kids

Now in his 50s, Peter Andre has been delighting fans since the mid-’90s when he released his UK chart-topping singles *Flava* and *I Feel You*. And although he admits that he was ‘a bit arrogant’ at the start of his career, he’s weathered many a scathing headline (often referencing his ex-wife Katie Price – with whom he shares son Junior, 19, and daughter Princess, 17, after meeting on *I’m A Celebrity… Get Me Out Of Here!* in 2004) and maintained his nice guy image throughout.

No wonder then that the 51 year old continues to be booked and busy 30 years after starting out in the entertainment industry. In fact, he tells *Bella* that his extensive 2025 schedule – which already consists of heading on tour with *The Best of Frankie Valli and The Four Seasons*, a film, more music and a ten-part murder mystery series which he’s sworn to secrecy about – means that his ten-year anniversary plans with Emily MacDonagh, mother of his three youngest, Amelia, 11, Theo, eight, and Arabella, nine months, might have to be postponed.

2025’s plans include touring with *The Best of Frankie Valli*

The Andres are celebrating their 10th anniversary this year

You’re a pop star, a reality star, an author, an actor... When fans come up to you, what are they most likely to want to talk to you about?

To be honest with you, everybody always wants to talk about my family. And I think that a family man is probably the greatest thing you could be known for. When everyone stops and goes, ‘I love your family, I love the way you guys are,’ that means a lot. Back in the day people would know me from music video clips and newspapers; now everyone knows me because of social media. I get kids coming up to me going, ‘Oh, my God, you’re

Peter has been a regular face on TV and stage for 30 years

Princess' dad,' or girls will come up and go, 'Oh my god, you're Junior's dad.'

Your kids are more famous than you now!
Nearly! What's funny is that girls used to come up and say, 'I love you,' now they come up and say, 'My nan loves you.' I'll take it! At gigs now we get people of all ages – those that used to follow us in the '90s, plus their kids and their friends and then their parents, so the crowds are more diverse and it's really cool.

> 'It's a beautiful thing'

How has your household changed since becoming a family of seven last year?
It's a beautiful thing. I had my first child at 31 and I've had my last child at 51. And it is my last child. 20 years of having kids! It's been an amazing experience, but I think what's happened this time around is that I've realised this is our last time. I never had a limit before – it was always that I'd love to have five or six kids, but I know now this is it. At 51 the lack of sleep feels a little different than at 31.

How are Junior and Princess when it comes to babysitting duties?
Princess is excellent and Junior is really good at picking the kids up from school sometimes, but actually my little Millie is the ultimate at looking after Belle. She comes downstairs in the morning and she takes her, she walks her around, they go and play – she's honestly fantastic. Going back to what you were asking me before, back in the day if someone had said, 'What do you want to be known for?' it would have been 'pop star', but what I would love now is 'family man'.

How are you feeling about being away from the family when you go on tour with *The Best of Frankie Valli*?
It's one of these bittersweet moments – it's a great opportunity, but I'll miss everyone like crazy. Emily is just so understanding though and encourages me to take these amazing opportunities.

You and Emily are coming up to ten years of marriage this year. Any plans to do something for the anniversary?
We were thinking of going on holiday where our honeymoon was in Santorini and take the kids with us. I know we should probably go just the two of us, but we like to do everything as a family! Maybe this year is going to be too crazy to do stuff though because there's a lot happening. We'll find something though. And we'd like to do it all together as a family.

Performing back in the '90s

What have you learned about yourself since entering your 50s?
I'm definitely a lot more patient. I actually think I've become a much better person with age. In my 20s, I became a bit arrogant and then having kids was the start of the journey of me getting better, and then losing my brother when I was 40, I think it just completely brought me back to being that kid again. I don't take things for granted anymore.

● *Tickets for Peter Andre: The Best of Frankie Valli and the Four Seasons are available at fourseasonsshow.com. The show is on a UK tour from January to March 2025.*

By Daisy Hall, **Pictures** Shutterstock, Instagram, Alamy, The Best of Frankie Valli

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bella debate

The NHS will be rolling out health checks in offices and factories under a new initiative to try to prevent heart disease – but many people are arguing that this scheme is a step too far. *So we ask…*

Should health MOTs be introduced in the workplace?

No

'This is degrading & crosses a line'

Polly Jean Harrison, 28, content creator

Personal health has no place at work. As someone who has always struggled with their weight, the thought of having to jump on the scales at the office literally fills me with dread. I would feel constantly self-conscious that someone would be able to access that information. It reminds me of my school days when you had to see the school nurse who would tut when the scales tipped too far the wrong way.

In one of my previous jobs I had to fill in a health questionnaire as part of the onboarding process and I felt so embarrassed to have to write down my height and weight so they could figure out my BMI. I had to list my medical conditions too and, while I appreciate they probably want to know so they can best support you or in case of emergencies, it just felt so degrading to have to write everything down.

I can understand if you have a very physically demanding job that could take its toll on you, but forcing employees to undergo a health check feels like a very short step away from being denied job opportunities just because you aren't fit as a fiddle. It sounds silly, but I would be so worried about losing my job or having a job offer taken away from me just because my BMI makes me unhealthy on paper.

My health is personal, and I believe in separating your work from your personal life. A workplace health check feels like it crosses too far over that line.

Yes

'It would help to ease the burden on the NHS'

Rachel Tompkins, 44, writer

Once upon a time I was pretty laid back, blasé even, about my health. But when I started trying for a baby in my late twenties I discovered, after countless doctor appointments, blood tests, and scans, that I had PCOS.

That experience, and eventually going on to have two sons, made me appreciate just how important our health is. As well as how in the dark most of us are about any health issues we have until there is a problem.

And it's for that reason, as well as the fact that the country is in the grips of an obesity epidemic, and hospitals are full to burst, that I think MOT health checks in the workplace are a brilliant idea.

Blood tests will help to identify pre-existing conditions, whether they're genetic or lifestyle-induced, which will enable people to address issues immediately. It will also help to prevent heart disease and other conditions.

We don't think twice about getting an MOT for the vehicle we drive, so surely it's time we took the same proactive approach with our own bodies. It would help to ease the burden on the NHS and improve the nation's health.

SHARE YOUR VIEW ...with Bella online at **bellamagazine.co.uk** or on **facebook.com/bellamagazineUK**

By Paula Costas. **Pictures:** Shutterstock

'My beautiful girl died in her sleep'

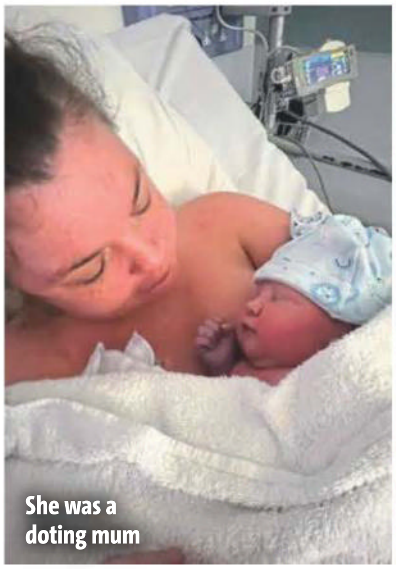
Kerry Cook, 51, is determined to raise awareness in her daughter's honour

Kerry and her daughter Daniella

Standing in the kitchen, I looked out the window and couldn't help but smile. My nine-year-old daughter Daniella was playing in the back garden with her cousins and they all looked so happy. But soon after, as I dished up dinner, I heard an awful scream. 'Aunt Kerry!' one of my nieces cried. 'It's Daniella!' Panicked, I ran outside and saw my girl was on the ground, shaking and making strange noises. I ran back inside and frantically dialled 999. An ambulance raced to us and took us to our local hospital where Daniella was seen immediately.

Doctors carried out a series of tests, but it took us several weeks to get the results. 'Daniella has epilepsy,' the doctor explained. We were both shocked, as the diagnosis had come out of nowhere. Shortly after, Daniella and I met with a specialist. He was unsure what caused her epilepsy, but her dad had recently died in a motorbike accident and he thought a combination of stress and hormones were to blame. We looked at our family tree, but could find no history of epilepsy. It was just one of those things.

Over time, the diagnosis turned her life upside down. Sometimes she'd have 20 to 30 seizures a month, with no triggers or warning signs. Daniella tried various medications to help her manage her epilepsy, and sometimes they'd work, but often they came back with a vengeance. Then her younger sister, Georgia, was also diagnosed with epilepsy when she was 13. As with Daniella, there was seemingly no cause and it took its toll on both of them.



She was a doting mum

With baby Ronnie

Daniella would come home from school in floods of tears as she'd have seizures and sometimes she'd wet herself. The kids would make fun of her and she'd feel so embarrassed. 'It's not fair mum,' she cried as I tried to comfort her. 'I wish there was something I could do to make it better,' I said. Daniella would go on dates but it never really came to anything as the boys she was seeing couldn't cope with the seizures. It would leave her heartbroken.

'Her seizures were getting worse'

In 2010, when she was 17, Daniella started working. Determined not to let her epilepsy rule her life, she had various jobs, including one in a snooker hall which she loved. Shortly after she moved into a one-bedroom flat in Romford. I was hesitant at first, but Daniella wanted her independence and she would be living nearby so I knew I'd still see her a lot.

Then, one day, Daniella came to see me with a massive smile on

Daniella's life was tragically cut short

Reggie, Ronnie, and Daniella

her face. 'I've met a lovely bloke at work,' she beamed. 'His name's Reggie and he's so sweet.' The two of them hit it off immediately, and it wasn't long before they were an item. Reggie doted on Daniella, and it was the happiest I'd ever seen her. He soon moved in with her, and was great at helping her manage her epilepsy. Two years later, Daniella announced she was pregnant. I was so excited for her, but as her pregnancy went on, her seizures became worse. She was advised to continue taking her medication, but she developed gestational diabetes which meant it stopped working. At 38 weeks, Daniella had a Caesarean. With Reggie by her side, she had a healthy, beautiful baby boy – who they called Ronnie.

Daniella was a fantastic mum and adored little Ronnie. I hoped her seizures might calm down or even get better, but unfortunately that wasn't the case. One day, Daniella called me in floods of tears. She'd had a seizure and an electric heater fell on her. Thankfully it wasn't on, but if it was she could've been seriously burnt. We both cried on the phone before I said, 'We need to speak to another specialist to get your seizures under control.'

We got in touch with the hospital, and a few weeks later they sent Daniella a letter. When we read it, one sentence jumped out at us... 'Epilepsy poses a risk for SUDEP,' I read. We'd never heard of SUDEP, so looked it up online. As we scrolled the page, alarm bells went off. SUDEP stood for Sudden Unexpected Death in Epilepsy – it meant Daniella could die at any moment. Furious, I called the hospital to demand answers. In all the years of both my girls having epilepsy, we'd never been made aware of this condition.

The specialist said there was lots of advice online, but that wasn't good enough. I explained how her seizures were getting worse, and that medication wasn't helping, so she was given an appointment for two weeks' time. But just a few days later, I received a phone call from Reggie. I asked him to put Daniella on the phone but he said 'I can't, Kerry. She's dead'. I started screaming. My partner put me in his car and drove us to her flat where the police let us in. I ran into Daniella's room and threw myself on top of her, sobbing and hugging her tight. She'd had a seizure in the night as she slept, and Reggie had found her when he came in from his night shift. She was just a few feet away from Ronnie in his cot. The autopsy revealed SUDEP was the cause of death – her brain had simply switched off. Daniella was wearing her seizure detection device on her wrist at the time, which calls for help when you start fitting, but unfortunately it was broken. If we'd known about SUDEP from her initial diagnosis and how serious it was, we could have kept a closer eye on it. I would have moved in with her to make sure she was never left alone.

> 'I want to save others'

My beautiful girl was just 30 and little Ronnie, who is now one, will grow up without his mum. Reggie is absolutely devastated and my daughter, Georgia, 26, is terrified the same thing could happen to her. That's why I've donated Daniella's brain to science, and have a petition calling on the Government and medical profession to be braver and talk to their patients about SUDEP. Understanding how to manage your seizures and having access to the right level of support is so crucial. It could make the difference between life and death. It might be too late for my Daniella, but I want to help save others and I know Daniella would have wanted that, too.

● *To sign Kerry's petition, visit change.org/p/sudep-epilepsy*

Words: Danielle Lett and Tom Campbell

‘After losing 4st I LOOK 10 YEARS YOUNGER!’

Rachel Cadwallader, 53, tells *Bella* about the wake-up call that changed a lifetime of overeating

As a child, I remember everything revolving around food. The chip pan was always bubbling away and Sundays meant a roast for our family of five with 24 Yorkshire puddings between us. Money was tight so, while Mum always ensured we were well fed, we lived off filling, cheap food.

I was 10st by the time I left primary school and was bullied because of my weight. I was mocked relentlessly, but it only meant I ate more to tackle my self-consciousness. We were a big family and we just blamed big bones and genetics.

Meeting a partner in my early 20s, I went on to have my sons, Theo, now 21, and Alex, 19. Even when I’d had the boys, people were unable to tell I wasn’t still expecting. Mortified, I joined LighterLife and managed to lose four stone, but my bad habits were enduring, and I piled it all back on. I hated cooking and would live off anything I could eat straight from the packet, nibbling on chocolates, crisps and biscuits from mid-morning until I went to bed. Meals were sandwiches or oven chips.

My weight went up and down over the years and I was around a size 12-14 when I met my new partner Dave, 56, at a truck show in 2018. But being happily coupled up only meant more meals out, more snacks and treats.

Mum sadly passed away in 2020. She’d reached 24st before having bariatric surgery and had lost so much weight before dying of unrelated causes. But even knowing her struggles and having lost her, I couldn’t change my childhood eating patterns. In fact, by the time New Year’s Day2023

Rachel in 2016

She feels healthy enough to live life

Rachel before

BEFORE
14st 6lb
Size 18

AFTER
10st 5lb
Size 10

Rachel after her weight loss

came around, I was a size 18 and 14st 6lb. At 5ft4in, I knew this wasn't healthy. As a dog groomer, I was on my feet all day but didn't move much, certainly nowhere near enough to combat my constant grazing. My feet, hips, back and shoulders ached constantly. I'd even become self-conscious in the bedroom, preferring to take my clothes off in the dark so Dave wouldn't see the body I'd come to despise. 'I'll diet on Monday,' I told myself endlessly, but it never happened.

Then, on a Sunday morning in February 2023, everything changed. Dave got out of bed, giving me a peck before heading downstairs to make a coffee. I read the news on my phone for a while then went to get out of bed myself but struggled. I realised I needed to support myself with my hand just to get up. I knew right there and then that I had to do something drastic. I struggled out of bed and told Dave that we weren't going for dinner that afternoon as I was starting a diet.

While I arranged for my LighterLife products to be delivered, I cut down on carbs and increased my protein and lost 7lb on my own, before starting the plan and their meal-replacement products. Cutting my calorie intake from thousands to just 600 calories a day sent my body into shock and the first few days were dreadful – but I soon started to feel energised and my hunger vanished. I stuck to the diet religiously, getting through birthday parties, family events and anniversaries with just the LighterLife products to hand.

DIET BEFORE

BREAKFAST None
LUNCH Doorstep sandwich, with thick butter, white bread and ham, biscuits
DINNER Chips
SNACKS Chocolate, crisps and biscuits

DIET AFTER

BREAKFAST Coffee, natural yogurt, honey and fruit or porridge
LUNCH LighterLife meal replacement product
DINNER Salmon, rice and salad or chicken salad

I hit my goal weight of 9st 13lb that July, slipping under 10st for the first time since I was a small child. Best of all, I'd used that time to finally change my mindset on food. I wasn't punishing myself by dieting, I was actually being kind to my body for the first time in a long time. Even once I was off the plan, food didn't hold the same place in my life. I realised that, though there was no such thing as big bones, I gain weight with relatively few calories and as I didn't exercise, I knew I had to keep a close eye on what I was eating.

Since coming off the plan, I have discovered I feel best when I intermittently fast, eating between 10am and 4pm only. I don't eat big meals, opting instead for fruit, salads, natural yogurt and LighterLife products. Dave is hugely supportive and now eats to the same pattern, having his dinner at work before he gets home so the house isn't full of the smells of cooking. I know how easy it would be to slip back into mindless eating and so there isn't a biscuit or treat to be had in my house. In fact, even though my sons have now moved out, their food is up on a high shelf I can't reach to avoid temptation. It may seem like extreme measures to some, but my problem was bigger than I ever was. I needed to change the way I thought about food, and I have.

I currently weigh 10st 5lb and am delighted to be wearing a size 10. I look 10 years younger, can get off the sofa without effort and feel confident in myself for the first time in my life. For me, losing weight was about more than just not dying young, it's about being healthy enough to live life now while I can and that's exactly what I'm doing. Dave and I have a wonderful life, indulging our love of American trucks at every opportunity. I just wish Mum and Dad could see me now.

By: Miyo Padi and Matt Barbour

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One-Piece Wonder

Jumpsuit, XS-XXL, Mango, £49.99

Jacket, 6-16, Yumi, £55

Necklace, Betty & Biddy, £23

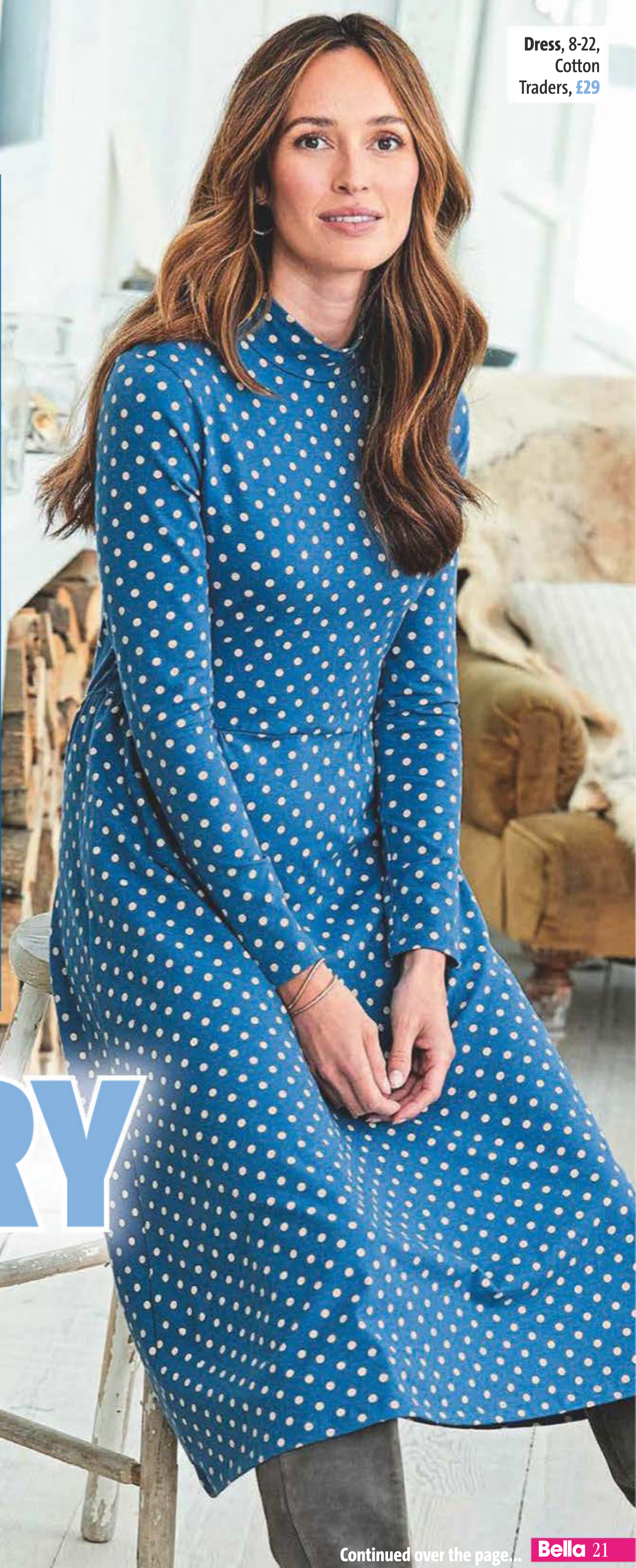
A plain jumpsuit can be styled in a multitude of ways for a completely different spin each time

Bag, £59, Fiorelli

Shoes, River Island, £40

JANUARY BLUES

Lift your wardrobe with this season's must-have hue



Dress, 8-22, Cotton Traders, £29

Continued over the page...

Sports Stars

Hat, River Island, £10

Sweatshirt, XS-XL, River Island, £36

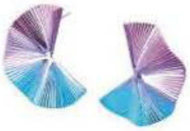
Trousers, 6-22, Next, £40

Bag, Uniqlo, £14.90

Casual yet chic basics like joggers and slogan sweatshirts are perfect for a low-key weekend

Trainers, Marks & Spencer, £25

Tonal Touches



Earrings, £19.50, Oliver Bonas

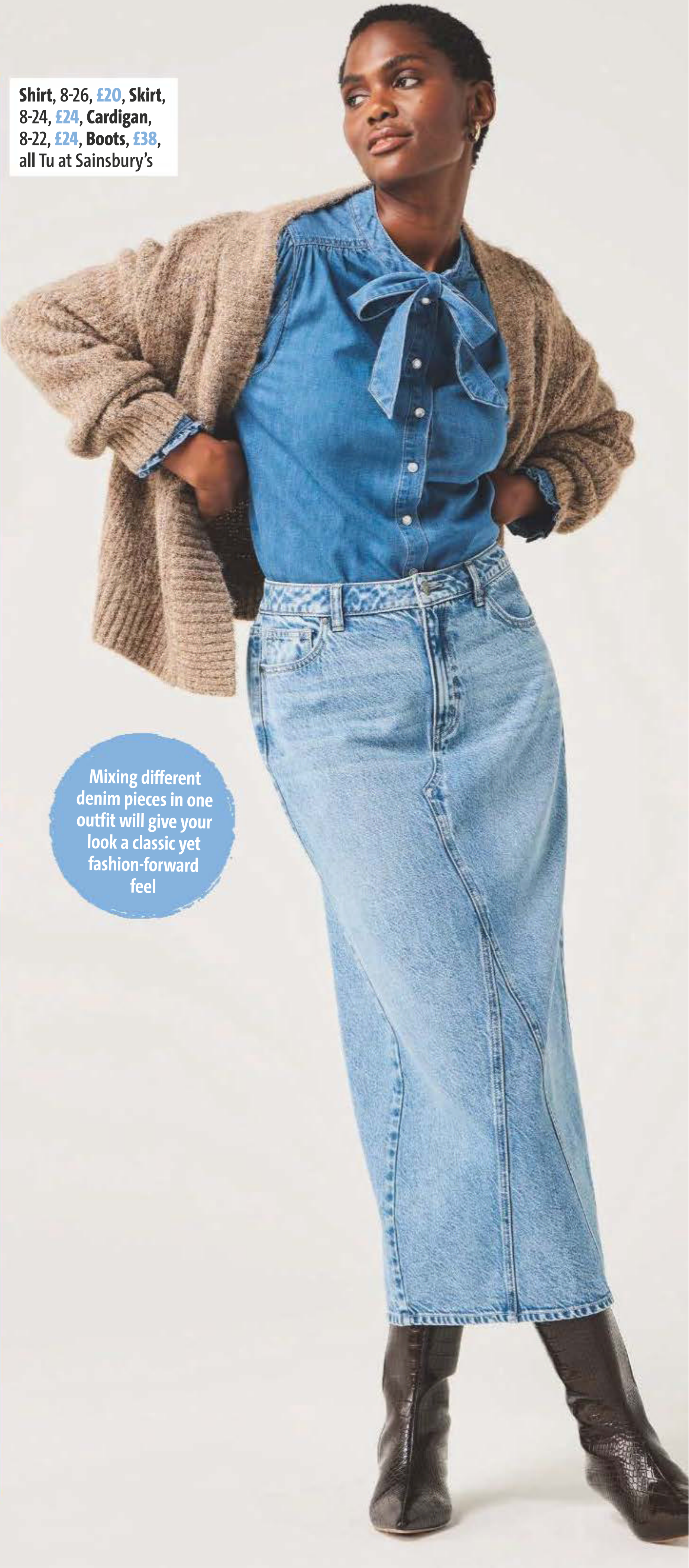
Top, XS-XXL, £69, Hobbs

Bag, £45, John Lewis

Shoes, £32.99, New Look

Skirt, 10-28, £44.99, Damart

Perk up your navy ensemble by adding in pops of purple or pink with separates and accessories



Shirt, 8-26, £20, **Skirt**, 8-24, £24, **Cardigan**, 8-22, £24, **Boots**, £38, all Tu at Sainsbury's

Mixing different denim pieces in one outfit will give your look a classic yet fashion-forward feel

Coat, 8-22, £45; **Jumper** 8-22, £24; **Jeans**, 8-22, £15; **Bag**, £12; **Boots**, £30, all Matalan

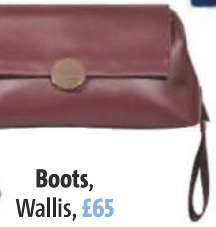
Printed Frock

A printed dress will take you seamlessly through the seasons. Right now, layer it under a cosy cardie

Earrings, & Other Stories, £18

Dress, 6-24, M&S, £35

Cardigan, 10-28, Damart, £32.99



Bag, Matalan, £15

Boots, Wallis, £65

Gorgeous Gingham

A fitted shirt and tailored coat will add a polished and put-together vibe to your daytime attire

Jeans, 4-22, H&M, £24.99

Top, XS-XXL, Zara, £27.99

Bag, Anna Field at Zalando, £23.99

Coat, 8-22, Peacocks, £38

Shoes, Zara, £35.99

Compiled by: Matilda Stanley

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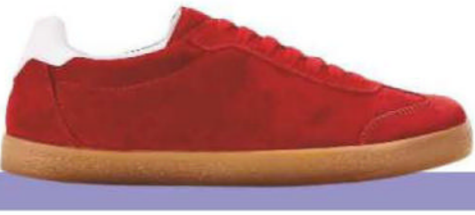
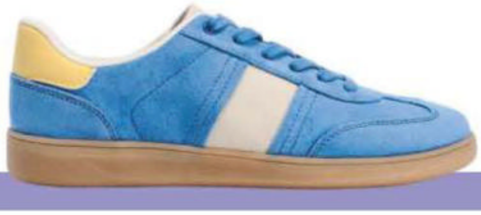


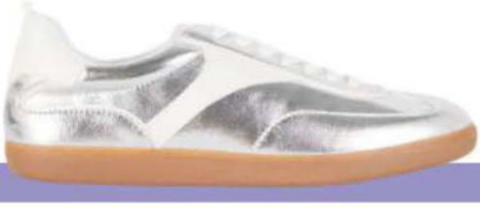
Very.co.uk, £35



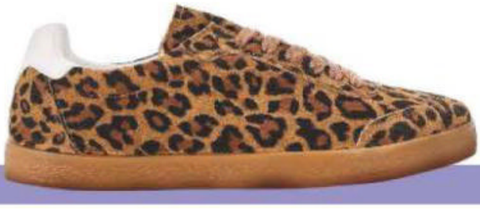
Zara, £35.99

Sneaker SEASON

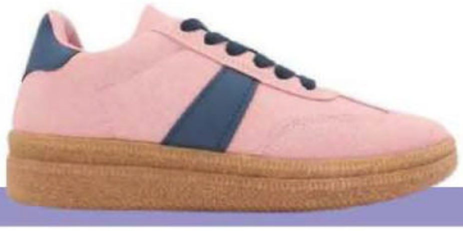
Step into the new year with a pair of fresh kicks



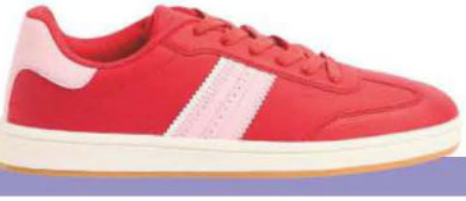
Primark, £14



Very, £35

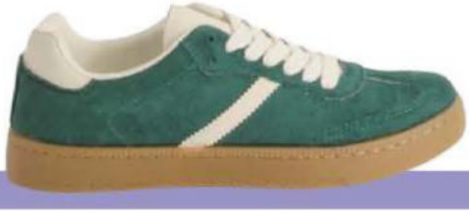


Deichmann, £24.99

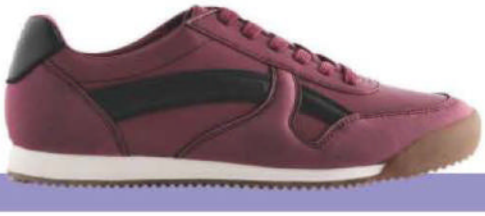


Tu at Sainsbury's, £18

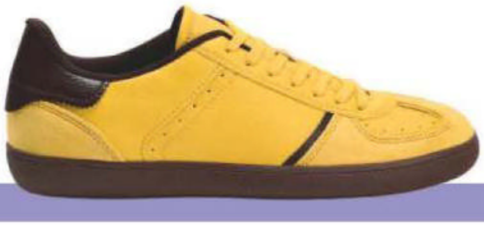
Ashley Roberts



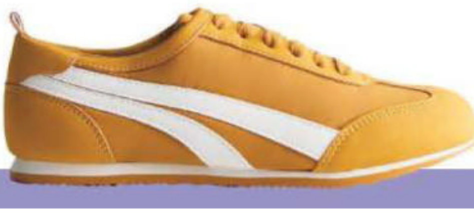
Boohoo.com, £26



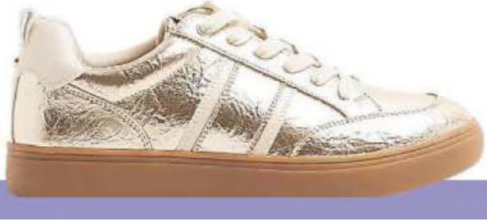
Next, £38



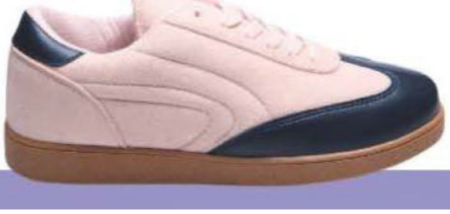
Zara, £35.99



New Look, £27.99



River Island, £38



PrettyLittleThing.com, £24

By Ella Shire **Photo:** Getty

Blemish

Banish stubborn spots with

Dream cream

When we put this correcting cream to the test, we found that it calmed our skin down instantly. It's also great for accelerating the elimination of scarring. **Tolpa Dermo Sebio CICA Cream Night, £10.99**

tołpa.®
dermo face
sebio+.
CICA
correcting cream
skin: sensitive, allergic, combination, oily, with appearance of imperfections
calms acne prone skin
light
night
contains tołpa.® peat

BUBBLE
SUPER CLEAR
Blemish Prevention Serum
2% Salicylic Acid
1 FL OZ 30 mL

Spot slayer

Apply this anti-blemish treatment to your face twice a day. It has a lightweight texture that glides onto skin, working to clear blemishes and prevent new ones from making an appearance. **Clinique Anti-Blemish Solutions Clinical Clearing Gel, £25**

CLINIQUE
anti-blemish
solutions
clinical
clearing gel
gel action purifiante

Pore purifier

Even overnight, this potent serum quickly unclogs pores, eliminates acne-causing impurities, and gently exfoliates, leaving skin visibly clearer and less congested. **Bubble Super Clear 2% Salicylic Acid Blemish Prevention Serum, £18**

Light work

This LED stick delivers fast results – apply for two or three minutes and, by the next day, your spot will be significantly smaller and less red. **Solaris Labs NY SuperBlue Blemish Stick, £43**

Smooth operator

The glycolic and lactic acids in these gentle wipes exfoliate to smooth and refine skin texture. Simply swipe across your face and neck once or twice daily. **First Aid Beauty Facial Radiance Pads, £32 for 60 pads**

FIRST AID BEAUTY
FAB
FACIAL RADIANCE PADS
With Glycolic + Lactic Acids
SAFE FOR SENSITIVE SKIN
DISQUES ÉCLAT DU VISAGE
aux acides glycolique et lactique
CONVIENT AUX PEAUX SENSIBLES
60 PADS / DISQUES

Vanishing act

This smoothing serum helps fade acne scars while you sleep. Containing tranexamic acid, it claims to target pigmentation and tackle dark spots. **Glow Hub The Scar Slayer, £14**

glow hub
the scar slayer
facial serum

MARIO BADESCU
SKIN CARE
Established 1967
DRYING LOTION
1 fl oz (29 ml)

Pink power

Designed to target those stand-alone blemishes, this drying lotion uses a blend of calamine and salicylic acid to rapidly soothe and clear up pimples. **Mario Badescu Drying Lotion, £16.25**

Super stickers

For a no-fuss solution, try these clarifying stickers with centella asiatica to reduce redness and promote a clearer complexion. **COSRX AC Collection Acne Patch, £6.99 for 26 patches**

Moment of clarity

Not only does this detoxifying face oil fight acne-causing bacteria, but it also provides skin with black cumin seed oil to treat and prevent pimples. **Pai Carbon Star Detoxifying Night Face Oil, £19**

busters

these fast-acting formulas

Zit zapper

Try this daily acne serum with glycolic and mandelic acids to target blemishes on contact. **Neutrogena Clear and Defend+ Serum, £8.99**

Supersize solution

When you've got bigger spots, call upon these extra-large patches to tackle them. The combination of niacinamide and salicylic acid work to reduce inflammation and unclog pores. **Dots For Spots Mega Blemish Treatment Patches, £14 for 10 patches**

Winning wash

This oil-absorbing cleanser contains salicylic acid to help unclog pores, while ceramides aid in hydrating skin and protecting from external aggressors. **CeraVe Blemish Control Face Cleanser, £13**

By Phoebe Denman

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ARE YOU CRIME'S NEW STAR WRITER?

THEN ENTER OUR 2024 COMPETITION

FROM DOMESTIC NOIR AND POLICE PROCEDURALS TO COSY CRIME, THE WORLD OF CRIME FICTION OFFERS WRITERS OPPORTUNITIES TO TELL STORIES THAT ENTERTAIN READERS AND REFLECT THE WORLD WE LIVE IN. Following the phenomenal success of our 2023 competition – which saw three writers receive agency representation – Orion Fiction, A.M. Heath literary agency and *Crime Monthly* magazine are back with Criminal Lines 2024, offering you the chance to have your work read by some of the top names in the industry, including bestselling authors Nadine Matheson and Trevor Wood.

THE PRIZE

One winner will receive a cash prize of £3,500 and secure agent representation at A.M. Heath. Your agent will work with you to get your novel ready for publication, and it will also be read by the editors at Orion Fiction, who will offer feedback to help you gain that all-important publishing deal. One runner-up will receive a year's worth of mentoring and feedback from the editors at Orion Fiction.

HOW TO ENTER

It doesn't matter if you're writing a whodunnit, locked-room mystery, tartan noir or psychological thriller, all your novel needs to do is have 'criminal intent'. It also doesn't need to be finished yet – we are looking for the opening 5,000 words, plus a synopsis of the whole novel of no more than 1,000 words. For full rules, submission details and to enter, head to the website at www.amheath.com and click on 'Criminal Lines'. Entries are now open and will close on 7 February 2025.

CRIMINAL LINES CRIME MONTHLY ORION A.M. HEATH LITERARY AGENTS

Bella loves this best-selling trichological treatment, which uses caffeine, tetrapeptides, and haritaki extract to volumise roots, stimulate the scalp, and improve hair thickness. **Champo The Pitta Growth Serum, £34**

Pitta growth serum by
CHAMPO
formulated to thicken, volumise & strengthen.
30ml/1.0 fl.oz.

These heatless curling rods, which are doing the rounds on TikTok, create voluminous, bouncy curls without the damage of styling tools – a must for any hair repair journey! **LullaBellz Overnight Blow Dry Heatless Curls, £15**

works
Skinny Satin Scrunchies

Perfect for day-to-day wear or in a bun while you sleep, these satin scrunchies are the softest, gentlest option for securing your style without tugging or breaking your strands. **Brushworks Skinny Satin Scrunchies, £4.99**

Struggling with knots? This detangler is a game-changer, designed to glide through wet or dry hair with zero pulling. Your hair will be left soft, shiny – and a lot stronger in the long run. **Tangle Teezer The Ultimate Detangler - Chocolate Bronze, £17**

Hair Repair Heroes

Simple swaps your strands will thank you for!

CHARLES WORTHINGTON
GROW STRONG
ACTIVATING SHAMPOO
MAXIMISE HEALTHY HAIR GROWTH
250ml℮ 8.45 fl oz

Give your strands a daily boost with this bargain scalp-stimulating shampoo, formulated to reduce hair breakage by 90 per cent. Not only does it help boost hair growth, but it smells amazing, too! **Charles Worthington Grow Strong Activating Shampoo, £9.99**

THE IMMACULATE
HYBRID CLEANSING FLUID
GEL NETTOYANT HYBRIDE
ARKIVE
200 mL℮
6.8 FL OZ (US)

Infused with gentle acids that exfoliate dead skin cells, this weekly scalp treatment clears build-up and impurities that can hinder healthy hair growth, repairing from the root. **ARKIVE The Immaculate Hybrid Cleansing Fluid, £14**

If your hair is feeling frazzled, this nourishing leave-in treatment will work wonders. It's powered by hair-repair peptides, tackling damage from heat-styling, bleach and colour. **Coco & Eve Hair Repairing Leave-in Treatment, £28**

COCO&EVE
HAIR REPAIRING
LEAVE-IN TREATMENT

Add some extra love to your locks with these nutrient-packed supplements that are proven to promote healthy hair growth. Take twice-daily and see results from just three months. **Viviscal Healthy Hair Vitamins, £29.99 for 30 tablets**

Viviscal
Viviscal™
HAIR NOURISHMENT PROGRAMME
7 clinical trials
VITAMINS FOR
healthy hair
INCLUDES BIOTIN & ZINC
TO SUPPORT THE MAINTENANCE OF
NORMAL HAIR GROWTH
TABLETS

AUSSIE
REPAIR & REVIVE
AUSSIE
SOS
SUPERCHARGED
REPAIR
HAIR MASK

Overuse of heat tools can leave hair looking dull and dry, but this deeply hydrating mask works overtime to restore strength and moisture. It's versatile too – use it as a deep-conditioning treatment or leave it in for extra hydration. **Aussie SOS Supercharged Repair Hair Mask, £15**

By Emma Hawkins

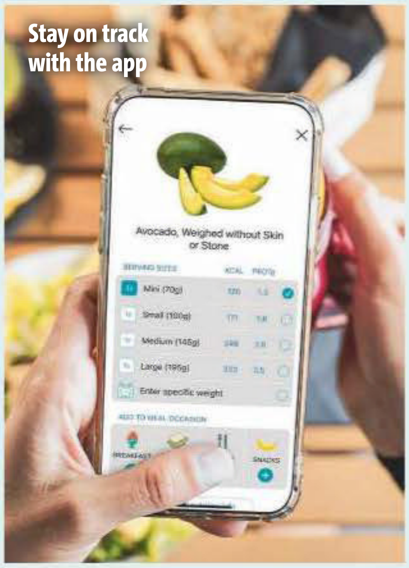
LOSE WEIGHT & FEEL GREAT

nutra check

How to count calories and support your immune system

We've teamed up with Nutracheck to help you bounce back after festive indulgences and improve your overall health and vitality. This meal plan is designed to kick-start your weight-loss while also giving your immune system some love. 'It's all about balance and variety,' explains Nutracheck's nutritionist, Beth Furness. 'It's packed with fruits, vegetables, and meals with the right mix of carbs, fat, and protein to support your body's anti-inflammatory defences.'

Don't forget to check your daily summary



Stay on track with the app

HOW IT WORKS

Choose a breakfast, lunch and dinner each day, with one or two snacks. Beth says by mixing and matching your meals and snacks, you should be able to follow a 1400-calorie diet – suitable to produce a 1-2lb per week rate of weight loss. Check your daily summary in the app to ensure you're getting a healthy balance of nutrients. Drink plenty of fluids – at least six to eight glasses a day. Meals all serve one.

FREE MEMBERSHIP WORTH £11.98

Breakfasts under 300 calorie

Immune supporting yogurt bowl

241 cals, 7.5g fat, 1.7g sat fat, 34.3g carbs, 26.6g sugar, 8.9g fibre, 11.5g protein, 0.25g salt

In a bowl, mix 100g low-fat Greek yogurt with 1tbsp chia seeds. Top with 1 sliced kiwi and 120g orange segments.

Green goddess smoothie

261 cals, 9.6g fat, 4.3g sat fat, 35.8g carbs, 33.6g sugar, 4g fibre, 4.9g protein, 0.12g salt

In a blender, combine 100g frozen pineapple, 50g frozen mango, a handful of kale, 1 small chunk of ginger, ½tbsp lime juice, 1 heaped tbsp Greek yogurt, quarter of an avocado and 150ml apple juice. Blend with a splash of water until smooth.

Banana and walnut overnight oats

288 cals, 9.8g fat, 1.3g sat fat, 42.1g carbs, 19.5g sugar, 3.5g fibre, 10.6g protein, 0.17g salt

In a jar, mix 30g rolled oats with 150ml skimmed milk. Stir in half

Improve your overall health with Nutracheck's balanced plan

a sliced banana, 1tsp maple syrup and 10g chopped walnuts. Refrigerate overnight and enjoy in the morning.

Poached eggs and spinach on toast

250 cals, 11g fat, 3g sat fat, 21.1g carbs, 1.8g sugar, 2.9g fibre, 17.5g protein, 0.87g salt

Poach 2 medium-sized eggs in a pan of boiling water. Sauté a handful (30g) of spinach in a non-stick pan and season. Toast 2 small slices of wholegrain bread, top with the wilted spinach and the eggs.

Banana and walnut overnight oats

Poached eggs with spinach on toast

Lunches under 450 calories

Chicken & kale salad

352 cals, 20.5g fat, 3.7g sat fat, 6g carbs, 3.3g sugar, 4.7g fibre, 35.7g protein, 0.6g salt

Grill 120g chicken breast, seasoned with half a clove of chopped garlic and a squeeze of lemon juice. Chop the chicken into bite-sized pieces and toss with two handfuls of chopped kale, ¼ sliced avocado, 3 halved cherry tomatoes, 50g chopped cucumber, and 1tbsp of pumpkin seeds. Drizzle with a mix of 1tsp olive oil, ¼tsp Dijon mustard and fresh lemon juice and season.

Prawn rice bowl

296 cals, 9.4g fat, 1.5g sat fat, 36.8g carbs, 1.5g sugar, 2.1g fibre, 15.9g protein, 1.33g salt

Marinate 70g prawns in ¼tsp chilli flakes, the juice of half a lime, ¼tsp ground coriander and ½tsp turmeric for around 1 hour. Sauté the prawns in ½tbsp of olive oil until cooked. Combine with half a pouch of cooked brown rice and a handful of fresh spinach. Top with a squeeze of lime juice.

Salmon & avocado sandwich

371 cals, 15.6g fat, 3.4g sat fat, 35g carbs, 3.1g sugar, 6.2g fibre, 24.8g protein, 2.97g salt

Slice a quarter of an avocado and squeeze a little lemon juice over the top. Then spread over a medium piece of wholemeal bread. Top with 70g smoked salmon and a handful of spinach then place on another medium slice of wholemeal bread, slice in half and serve.

Bean & sweet potato chilli

385 cals, 6.9g fat, 1.4g sat fat, 62.1g carbs, 23.2g sugar, 21g fibre, 16.3g protein, 1.74g salt

Sauté half a chopped onion, half a bell pepper, and 1 minced garlic clove in 1tsp olive oil. Add half a can of drained mixed beans (about 200g), 200g canned chopped tomatoes, 1 small sweet potato cut into cubes, and 2 heaped tsp chilli con carne spice mix. Simmer for 20min until the potatoes are cooked, add a little water if it's sticking. Serve with a sprinkle of fresh coriander and a dollop of low-fat Greek yogurt or a dairy-free alternative.

Broccoli & crispy chickpea houmous board

441 cals, 22.2g fat, 2.8g sat fat, 37.6g carbs, 3.5g sugar, 12.8g fibre, 20g protein, 1.28g salt

Bake 80g seasoned broccoli florets until tender but still with a bit of bite. Roast 100g tinned chickpeas with 1tsp of olive oil, a chopped garlic clove, and a pinch of cumin until crispy. Spread 1½tbsp reduced-fat houmous on a plate, and top with the chickpeas, and a squeeze of lemon juice. Serve with the baked broccoli and half of a warm wholemeal pitta for scooping.

Dinners under 550 calories

Spiced sweet potato and chickpea stew

543 cals, 11.9g fat, 1.7g sat fat, 95.5g carbs, 23.7g sugar, 20.8g fibre, 22.3g protein, 2.43g salt

Heat 1tsp olive oil in a pan over medium heat. Sauté half a small chopped onion until softened. Add 1 minced garlic clove, 1tsp grated ginger, ½tsp ground turmeric, ½tsp ground cumin, and ½tsp paprika, and cook for 1-2 mins until fragrant. Add 1 medium sweet potato, peeled and cubed, 100g canned chickpeas (rinsed and drained), 200g canned chopped tomatoes, and 200ml vegetable stock. Bring to a boil, then reduce heat and simmer for 20-25min, or until sweet potatoes are tender. Stir in 50g chopped kale and cook until wilted. Season to taste and serve with a small piece of crusty bread.

Salmon with broccoli and quinoa

550 cals, 29.9g fat, 5.3g sat fat, 27.3g carbs, 2.9g sugar, 8g fibre, 40g protein, 0.29g salt

Place 150g salmon fillet on a baking tray lined with parchment paper, season with salt and pepper, and top with half a sliced lemon. Toss 100g broccoli florets in 1tsp olive oil, season with salt and pepper, and place next to the salmon. Bake for 15-20min, until salmon is cooked through, and the broccoli is tender. Serve with 125g cooked quinoa and garnish with 1tbsp chopped parsley.

Mexican stuffed peppers

447 cals, 14.4g fat, 5.5g sat fat, 54g carbs, 18.4g sugar, 18.5g fibre, 20.7g protein, 0.87g salt

Heat 1tsp olive oil in a pan over medium heat. Sauté half a small, chopped onion and 1 minced garlic clove until softened. Add 100g cooked quinoa, 100g canned black beans (rinsed and drained), 50g diced tomatoes, 1tbsp chopped coriander, ½tsp ground cumin, and ½tsp smoked paprika. Season, and stir until combined. Stuff 2 bell peppers (with seeds removed) with the bean mixture.

Salmon and avocado sandwich

Continued over the page...

Spaghetti and meatballs

Bean and sweet potato chilli

Place them on a baking tray and bake for 20-25min, or until the peppers are tender. Top with 30g of crumbled feta cheese before serving.

Spaghetti and meatballs

545 cals, 17.8g fat, 4.8g sat fat, 63.1g carbs, 14.4g sugar, 14.8g fibre, 35.2g protein, 0.54g salt

In a bowl, season 100g lean minced beef with salt and pepper and ½tsp dried Italian herbs. Form into small meatballs. Heat 1tsp olive oil in a frying pan over medium heat and cook the meatballs until browned and cooked through. Pour 150ml garlic and herb passata sauce over the meatballs and simmer for 5-7min. Add 75g grated courgette and 75g grated carrots to the pan, stirring into the sauce. Add 75g wholewheat spaghetti to a pan of boiling water and cook until tender. Once cooked, drain and add the spaghetti to the meatballs and sauce. Serve topped with 1tbsp grated Parmesan cheese.

Chicken stir-fry

548 cals, 8.8g fat, 1.7g sat fat, 70.9g carbs, 23.3g sugar, 8.3g fibre, 50.4g protein, 2.68g salt

Heat 1tsp sesame oil in a frying pan over a medium-high heat. Add 165g chicken breast, thinly sliced, and cook for 4-5min until cooked through. Remove the chicken and set aside. In the same pan, add 1 minced garlic clove and 1tsp grated ginger, and cook until fragrant. Add half a sliced red bell pepper, 1 small sliced carrot, and 80g broccoli florets, stir-frying for 3-4min until tender-crisp. Return the chicken to the pan, add 1tbsp soy sauce and 1tsp rice vinegar, 1tsp honey, 1tbsp sweet chilli sauce and toss to combine. Serve over 150g cooked brown rice and sprinkle with a chopped spring onion.

Coconut tofu curry with spinach

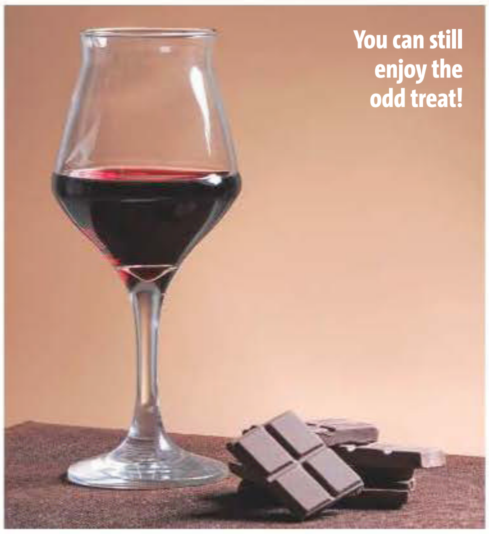
506 cals, 22.3g fat, 8.6g sat fat, 53.7g carbs, 8g sugar, 6.6g fibre, 25.2g protein, 0.27g salt

Press 100g firm tofu to remove excess moisture, then cut into cubes. Heat 1tsp olive oil in a pot over medium heat. Add half a small chopped onion, 1 minced garlic clove, and 1tsp grated ginger, cooking until softened and fragrant. Stir in ½tsp ground turmeric, ½tsp ground cumin, and ½tsp ground coriander, cooking for 1min to toast the spices. Add 100ml light coconut milk and 100g canned chopped tomatoes, stirring to combine. Bring to a simmer and cook for 5min. Add the tofu cubes and 50g fresh spinach, then simmer for another 5min until the tofu is heated through. Season and serve with 150g cooked basmati rice.

Harissa chicken with roasted vegetable couscous

542 cals, 18.7g fat, 6.3g sat fat, 39g carbs, 14.1g sugar, 7.5g fibre, 52.8g protein, 1.27g salt

In a bowl, mix 1 minced garlic clove, 1tsp harissa, lemon juice, salt, and pepper. Brush a 165g chicken breast with this mixture and place on a lined baking tray. Add 1 chopped bell pepper, 80g chopped courgette, and 1 small chopped red onion around the chicken. Drizzle the vegetables with 1tsp olive oil, season, and roast for 30min. Meanwhile, in a bowl, cover 80g of dried wholewheat couscous with boiling water. Lay a plate over and let it sit for 10min. Serve the chicken on top of the couscous with roasted vegetables, a squeeze of lemon juice, and 30g crumbled feta.



You can still enjoy the odd treat!

Snacks under 200 calories

Greek yogurt with banana, honey and cinnamon

147 cals, 0.1g fat, 0g sat fat, 26.5g carbs, 24.2g sugar, 1.5g fibre, 11.3g protein, 0.1g salt

In a bowl, combine 100g fat-free Greek yogurt with 1tsp honey and a sprinkle of ground cinnamon and top with 1 small, sliced banana.

Chia pudding with blueberries

125 cals, 6.1g fat, 0.7g sat fat, 14.4g carbs, 6.3g sugar, 6.4g fibre, 3.5g protein, 0.13g salt

In a small bowl, mix 1tbsp chia seeds with 75ml unsweetened almond milk, 1tsp maple syrup and ½tsp vanilla extract. Let the mixture sit for 20min (or refrigerate overnight to thicken). Top with 30g fresh blueberries before serving.

Celery sticks with cottage cheese and walnuts

106 cals, 8.7g fat, 1.7g sat fat, 2.1g carbs, 2.1g sugar, 1.4g fibre, 4.6g protein, 0.31g salt

Fill 2 medium celery sticks with 2tbsp cottage cheese and sprinkle with 3 chopped walnuts.

Glass of wine and chocolate

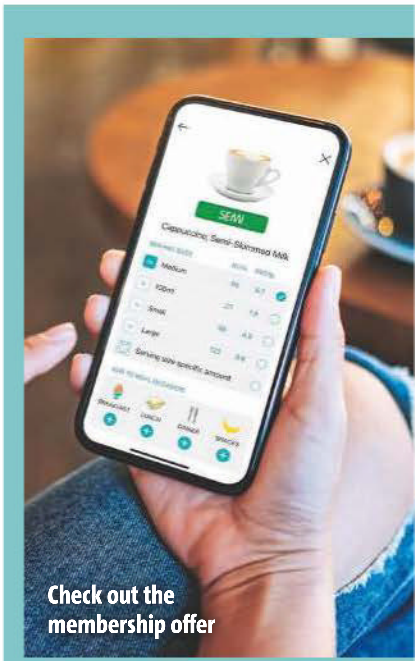
199 cals, 5.6g fat, 3.4g sat fat, 12.9g carbs, 12.8g sugar, 1.6g fibre, 1.1g protein, 0.1g salt

125ml glass of white, red or rosé wine and 4 chunks of good quality dark chocolate.

Houmous with cucumber sticks

155 cals, 10.4g fat, 1.2g sat fat, 8g carbs, 1.6g sugar, 3.8g fibre, 6.6g protein, 0.61g salt

60g reduced-fat houmous with 100g cucumber sticks.



Check out the membership offer

TWO MONTHS' MEMBERSHIP FOR FREE WORTH £11.98

To claim your two months' free Nutracheck membership go to nutracheck.co.uk/bella to sign up. Enter the code BELLA25JAN2 in the promotional code box on the Membership Options page and click confirm.

- Complete your sign up and your two months' free membership will be added to your account.
- Now download the app onto your smartphone, iPad or tablet – search for Nutracheck in the app store.
- The offer closes at midnight on 25 February 2025.

Terms and conditions: You must be 18 years or over to join Nutracheck. This offer is only available to first-time new members. The code must be used by midnight on 25 February 2025 and can only be used once on your account. No cash alternative.

By Julia Smurthwaite. **Pictures:** Shutterstock, Nutracheck

NB. If you are pregnant, breastfeeding, under 18 or have a medical condition please seek professional advice before changing your diet.

eat smart

Vegan EATS!

Make Veganuary a breeze with these tasty snacks…

Kirsty's Carrot Cake, Ocado, **£3.80**

Orange Tangs, Hotel Chocolat, **£10.95**

Coconut Collab Choc & Caramel, Tesco, **£1.50**

Tyrrells Veg Crisps, Waitrose, **£2**

Air Bites Crispy Spinach and Carrot, Morrisons, **£2.95**

Dole Apple and Cinnamon Cream Pot, Tesco, **£2.50**

Ramona's Heavenly Houmous Red Pepper, Sainsbury's, **£3.50**

By Lucy Brown

Cauldron Middle Eastern Falafels, Waitrose, **£2.65**

Tony's Dark Almond and Sea Salt, Sainsbury's, **£3.98**

Applewood Cheese Bites, Morrisons, **£2**

Barebells Salty Peanut Protein Bar, Ocado, **£2.70**

Banana Weetabix, Morrisons, **£3.50**

Super healthy air frying

Big-on-flavour air fryer recipes from slimming blog TwoChubbyCubs – all under 500 calories

Tandoori paneer skewers, pickled red onions & cucumbers

Calories per serving 381

Serves 4 Takes 18min, plus standing

- 1 small red onion, thinly sliced
- ½ cucumber, halved lengthways, deseeded and thinly sliced
- 2tbsp white wine vinegar
- ½tsp salt
- ½tsp sugar
- 225g pkt paneer, cut into 2cm dice
- 1 red pepper, deseeded and diced
- 1 green pepper, deseeded and diced
- 2tbsp fat-free natural yogurt, plus 4tbsp to serve
- 4tsp tandoori spice mix
- 1tbsp mint sauce
- 4 wholemeal chapatis (about 40g each), to serve
- 1 baby gem lettuce, shredded, to serve

1 *First make the pickles. Put the sliced onion and cucumber into a bowl and add the white wine vinegar, salt and sugar. Toss to coat and leave to stand.*

2 *Tip the paneer into a bowl with the red and green peppers. Add the yogurt and the tandoori spice mix and gently toss to coat. Divide the paneer and peppers equally between 4 small skewers.*

3 *Mix the rest of the yogurt with the mint sauce and chill until required.*

4 *Preheat the air fryer to 200°C. Spray the air fryer drawer with a little oil, then add the skewers in a single layer. Spray the tops of the skewers with more oil, then cook for 8min, gently turning halfway through.*

5 *To serve, spread each chapati with a little mint yogurt and add some shredded lettuce. Slide a skewer of paneer on to the chapati, then drain the pickles and pile on top before serving.*

Herb crusted salmon, baby potatoes, tartar sauce, crushed peas

Serves 4 *Takes* 50min

- 400g canned peeled potatoes, drained and patted dry with kitchen paper
- Spray oil
- Salt and pepper
- 4 skinless salmon fillets (about 125g each)
- 2tsp Dijon mustard
- 4tbsp panko breadcrumbs
- 2tsp chopped fresh dill, plus 2tsp for the tartare
- 2tsp chopped fresh parsley, plus 2tsp for the tartare
- 200g frozen peas, defrosted
- 3tbsp very low-fat mayonnaise
- 1tbsp capers, finely chopped
- 1 pickled gherkin, finely chopped
- Zest and juice of 1 lemon

1 *Put the potatoes into the air fryer basket and heat to 180°C. Spray with oil and season with salt. Cook for 20-25min, shaking halfway through, until golden and crisp. Tip out on to 4 plates.*
2 *Meanwhile, brush the top of each salmon fillet with ½tsp of Dijon mustard. Mix the breadcrumbs with 2tsp of chopped dill and 2tsp of chopped parsley, season with salt and pepper, then push the crumbs equally onto the salmon fillets.*
3 *Put the salmon into the air fryer basket in a single layer and cook for 8-10min, or until cooked to your liking. If your potatoes have gone a bit cold by now, pop them around the salmon for the final 2min of cooking to heat them up again.*
4 *Put the peas into a sieve and pour a kettle of boiling water over them. Drain really well, then tip into a serving bowl. Add the mayonnaise, the extra 2tsp each of chopped dill and parsley, the capers, gherkin, lemon zest and juice and lots of seasoning. Crush with the back of a fork. Serve immediately.*

Calories per serving
429

TWOCHUBBYCUBS
AIR FRYER
James Anderson & Paul Anderson

Calories per serving
268

These recipes are taken from ***Twochubbycubs Air Fryer Cookbook: Speedy, Slimming Recipes under 500 calories*** by James and Paul Anderson (Yellow Kite, £22)

Peach, blueberry & orange crumble

Serves 4 *Takes* 20min

- 410g can peach slices in juice, drained
- 200g frozen blueberries, defrosted
- Zest and juice of 1 orange
- 400g can light Devon custard, to serve, optional (or your favourite fat-free vanilla yogurt)

FOR THE CRUMBLE TOPPING

- 35g plain flour
- 45g porridge oats
- 50g butter
- 2tbsp demerara sugar
- A pinch of salt

1 *Preheat your air fryer to 180°C.*
2 *Put the peach slices, blueberries, orange zest and juice into a heatproof dish (one that fits into your air fryer). Cover and cook for 2min, so the fruit becomes a little juicy.*
3 *Meanwhile, put the flour and oats into a bowl and rub the butter in. Stir in the sugar and a pinch of salt until you have a crumbly mixture.*
4 *Give the fruit a stir, then sprinkle over the crumble in an even layer. Cook in the air fryer for 10min, until golden brown. Serve warm, with low-fat custard if you like.*

Edited by: Hayley Merrick **Recipes** James and Paul Anderson **Photos** Liz and Max Haarala Hamilton

Secrets to better SLEEP

Struggling to get enough shut-eye? The late Dr Michael Mosley helped millions of people learn how to get more rest. Here we share his advice...

The late Dr Michael Mosley

Whether you have trouble nodding off or you find yourself staring at the ceiling in the early hours, sleep problems can play havoc with our wellbeing. Dr Michael Mosley knew this first hand – he himself struggled with insomnia at times, and he poured his wisdom into a bestselling book, *4 Weeks To Better Sleep*, which helped millions of readers enjoy more restful nights. 'Sleep is hugely important,' said the doctor, who passed away last June after a lifelong mission to help people lead better, healthier lives. 'Sleep affects your heart, health, mood and it's vital for regulating your appetite. If you consistently sleep badly, it increases your risk of dementia, too.' Dr Mosley's legacy lives on through his work and here we share his advice, which will help you improve your sleep, your mood and your health.

Spend less time in bed

It's counterintuitive, but if you're wrestling with sleep, don't linger in bed. 'You don't want to reinforce an association between bed and not being able to fall asleep,' said Dr Mosley.

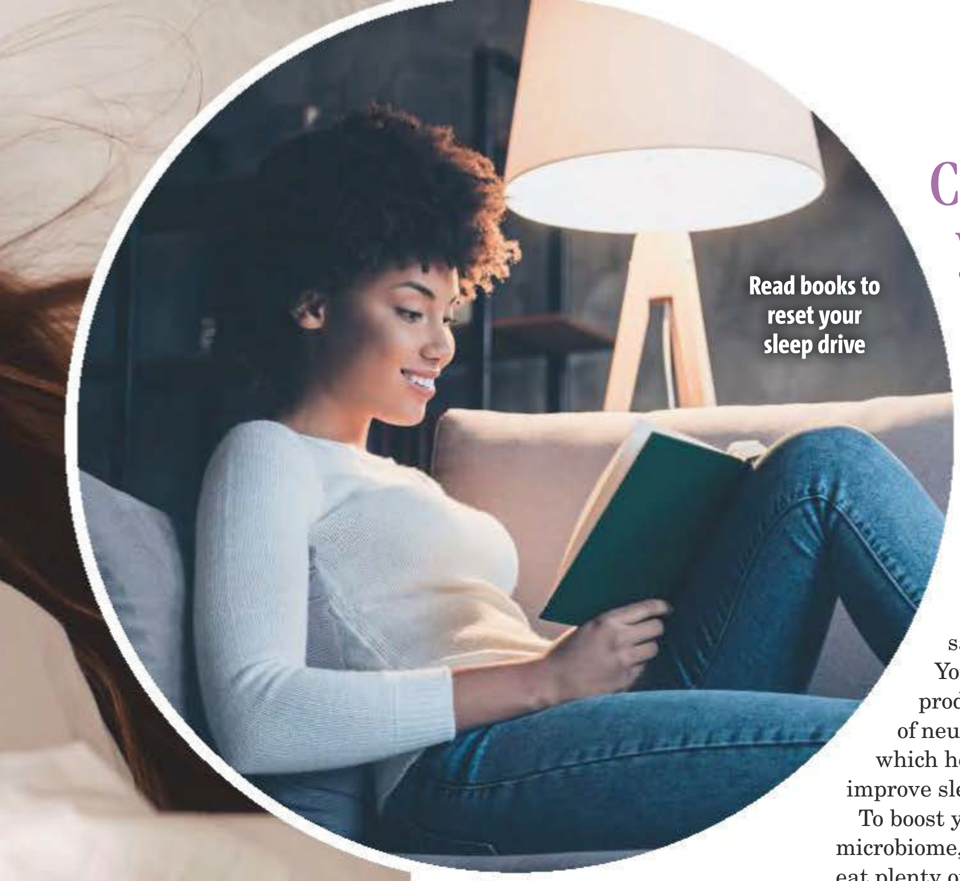
First, try slow, deep breathing to lower your heart rate and trigger your brain to sleep. But if that doesn't work, get up and do something boring. 'Listen to music or read a book somewhere warm and quiet, until you feel sleepy, then go back to bed,' he added. If you struggle to nod off in the evening, wait until you feel sleepy before you hit the sack. 'You might spend less time in bed, but you'll probably spend more of that time actually asleep.'

'If you have coffee at 6pm, half could still be running round your system at 11pm'

Don't overthink it

Sleep may be important, but Dr Mosley urged us not to obsess over a bad night's kip. 'A few nights of bad sleep won't have terrible effects. People lie awake worrying, "It's 3am, I'm not asleep. Does this mean I'm going to have a heart attack tomorrow or develop cancer?" The answer is no. And if you overly obsess about a bad night's sleep, you're actually more likely to sleep badly.'

If you find your anxiety



Read books to reset your sleep drive

spiralling at night, challenge your negative thoughts. 'You might want to give them a name, like "Donald",' he suggested. 'When you have them, you can then say, "That is just Donald sounding off again". It's also helpful to know that being sleep-deprived makes us more vulnerable to repetitive negative thoughts. Once your sleep improves, these are easier to stamp out.'

Time your caffeine fix well

Be clever with caffeine

Many people swear caffeine doesn't impact their sleep, but the reality may be very different. The average half-life of caffeine is around five hours, which means that if you have a coffee at 6pm, half could still be running round your system at 11pm and a quarter may still be there at 4am.

'For some people, caffeine has an incredibly strong half-life,' said Dr Mosley. 'Try giving it up, or not drinking it after 11am.' Your gender, weight, age and medication all influence the half-life caffeine has in your body. And if you reach for a cuppa when you wake up, think twice. 'Your stress hormone cortisol is rising first thing in the morning, and knocking back coffee will raise your blood pressure, anxiety and blood-sugar levels,' he said. 'Leave your coffee until you're having breakfast, or at least an hour after you've woken up. By then, your cortisol levels have started to fall and you'll be topping up your energy levels rather than adding to surging anxiety.'

Change your diet

We know a healthy microbiome influences our physical health, but did you know it can also help your sleep? 'Changing your diet can have a profound effect on your mood and sleep,' said Dr Mosley. 'Your microbiome produces all sorts of neurochemicals, which help improve sleep.'

To boost your microbiome, eat plenty of prebiotics and probiotics. While prebiotics include beans, lentils, oats, brown rice, onions, garlic, berries, apples and pears; probiotics include full-fat Greek yogurt, mozzarella, Cheddar and fermented foods, like sauerkraut or kimchi.

Dr Mosley also recommended not eating within three hours of bedtime. 'The fat and sugar agitate the gut, so you're more likely to get acid reflux,' he explained.

'Digestion also raises your body's core temperature. Ideally, when you're going to sleep you want your core body temperature to be going down, because that triggers sleep.'

Eat a healthy diet

Stick to a timetable

Don't underestimate the importance of sticking to a sleep timetable – Dr Mosley's 'number one rule' was that we get up and go to bed at a similar time each day. 'Your brain loves regularity,' he explained. Find a routine that works for you and stick to it every single day.

'A lie-in is tempting, because you think it'll make you feel better, but that's an illusion,' he said. 'If you struggle to get up, keep your alarm on the other side of your room. It can be tough, but remind yourself that you're going to improve your sleep and your mental health.'

> 'Obsessing about a bad night, means you're more likely to sleep badly'

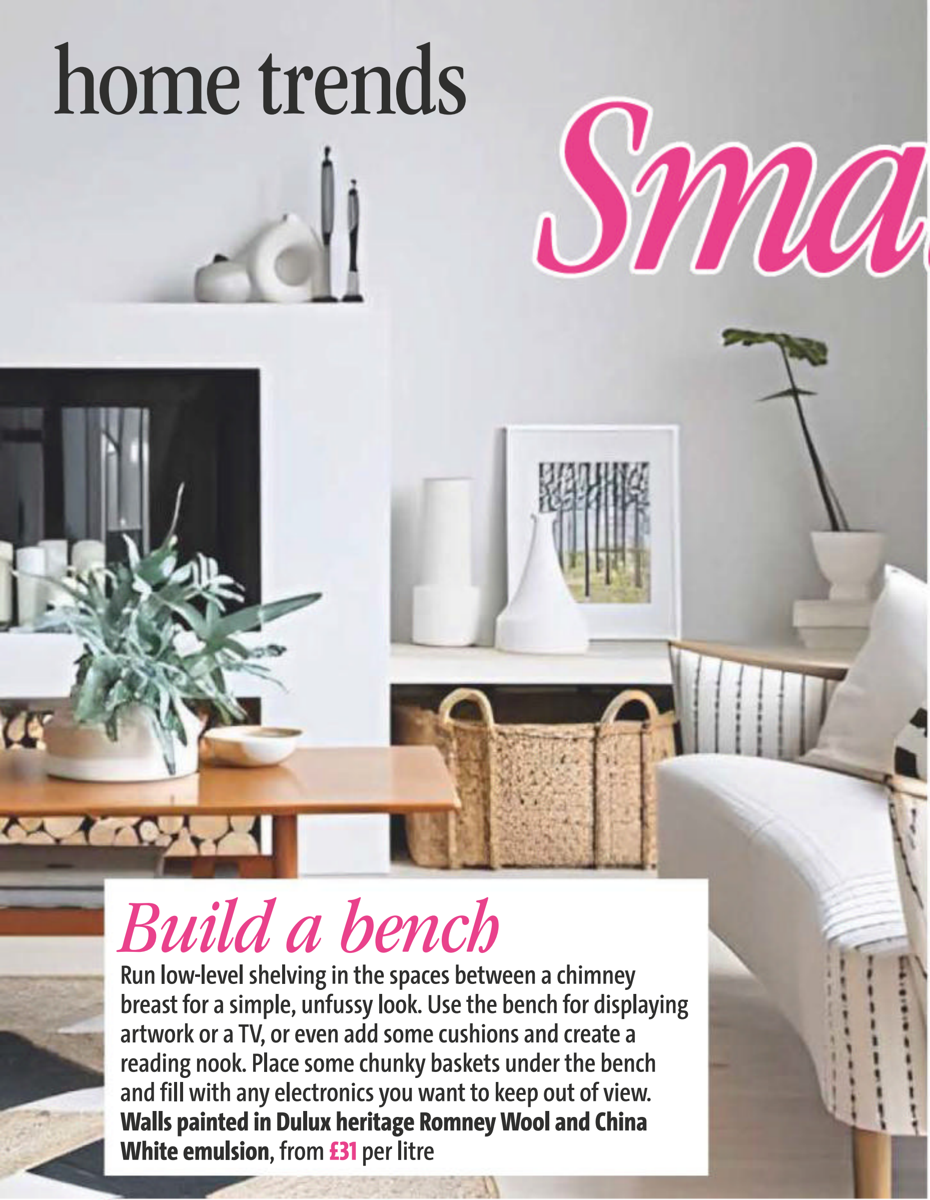
● *For more advice, see Dr Mosley's book 4 Weeks To Better Sleep (Short Books)*

A GROUND-BREAKING SLEEP PROGRAMME FROM THE MILLION-COPY BESTSELLING AUTHOR
4 weeks to better sleep
Revised & updated edition
A life-changing plan for deep sleep, improved brain function and feeling great
DR MICHAEL MOSLEY

By Sophie Barton. **Photos:** Shutterstock

Small spaces,

Make the most of those a



Build a bench

Run low-level shelving in the spaces between a chimney breast for a simple, unfussy look. Use the bench for displaying artwork or a TV, or even add some cushions and create a reading nook. Place some chunky baskets under the bench and fill with any electronics you want to keep out of view. **Walls painted in Dulux heritage Romney Wool and China White emulsion**, from £31 per litre

Style with

Cabana woven basket, Matalan, £25

Japandi lamp, B&M, £12

Chill Out A3 typographic print, cultfurniture.com, £45

Flatweave black rug, Wayfair, £46.99

Urban sand timer, Matalan, £14

MAHOGANY
TEAKWOOD

Solid glass diffuser, Primark, £6

Maximise alcoves

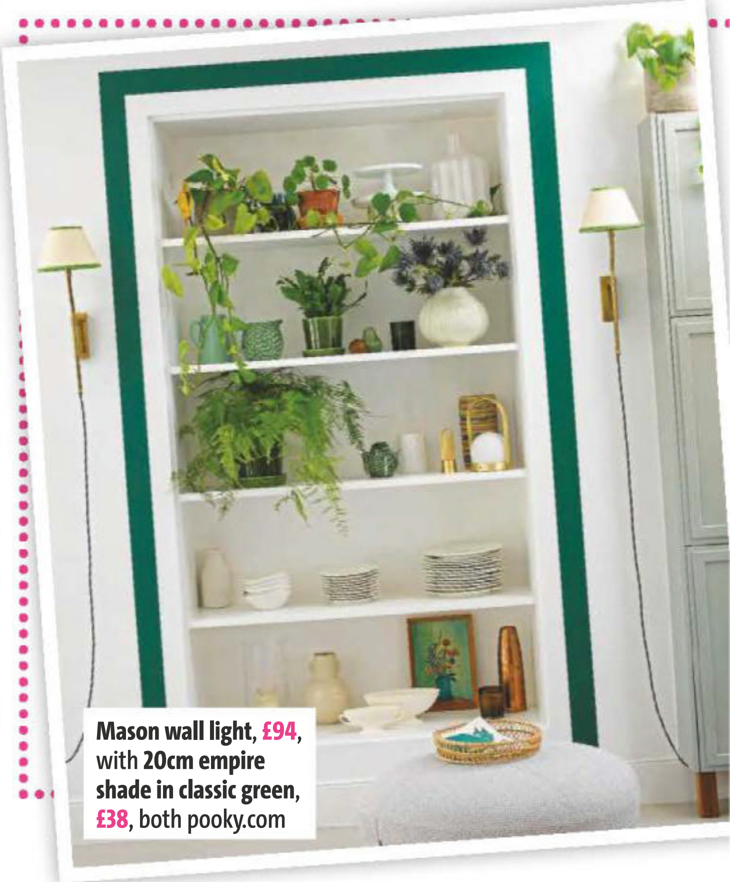
Ease the pressure on wardrobe space and use bedroom alcoves for extra storage. Free standing units can be customised to fit, and the interior can be kitted out with hanging rails for blouses and shirts or shelves for folded items. If the alcoves are awkward then utilise the area with full height built-in wardrobes to maximise every inch of space.

Style with

Herringbone pure wool throw, soakandsleep.com, £65

Sunset vase, cultfurniture.com, £25

Issy velvet pouffe, Oliver Bonas, £120



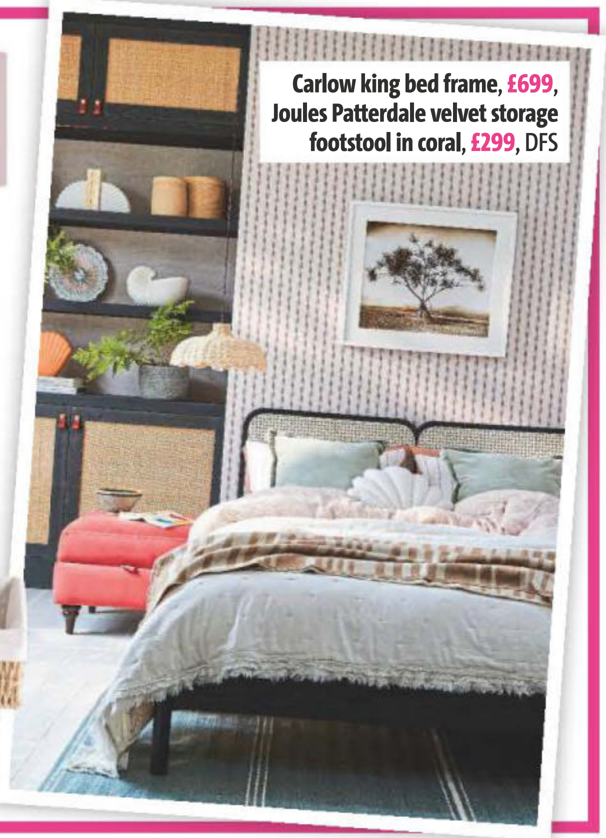
Mason wall light, £94, with **20cm empire shade in classic green**, £38, both pooky.com

big ideas

wkward areas with our tricks

Seychelles mini blush table lamp, Dunelm, £28

Papeli baskets, La Redoute, £30 for three



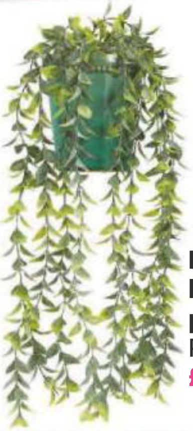
Carlow king bed frame, £699, **Joules Patterdale velvet storage footstool in coral**, £299, DFS

Add simple shelving

If you're lacking storage but can't go for a built-in option, try open shelving. It's a great way to make use of space in any shaped alcove. Space the shelves evenly apart for a uniformed look, but remember to think about what you're going to be displaying. To add extra interest, paint a bold strip of colour around the frame.

Style with

Bobble green vase, Next, £14

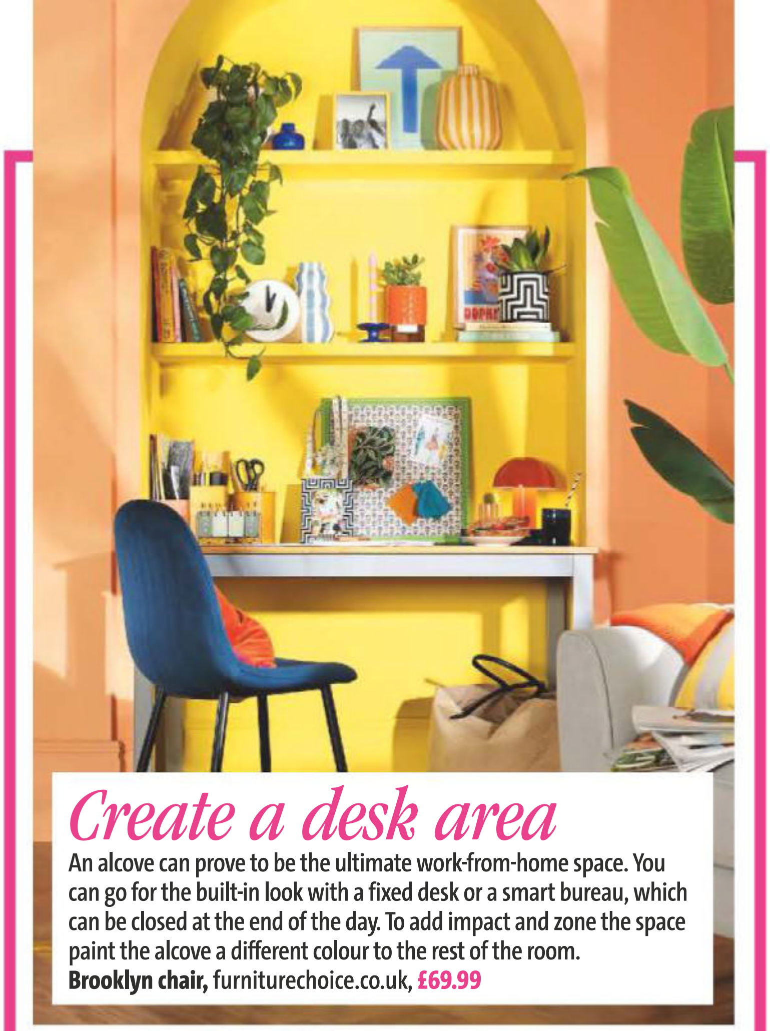


Draped hanging plant, Primark, £7

Orchid in pot, homescapesonline.com, £9.99

Tea-light holders, Next, £18

Fejika potted succulents, Ikea, £2 for three



Create a desk area

An alcove can prove to be the ultimate work-from-home space. You can go for the built-in look with a fixed desk or a smart bureau, which can be closed at the end of the day. To add impact and zone the space paint the alcove a different colour to the rest of the room.

Brooklyn chair, furniturechoice.co.uk, £69.99

Style with

Mesh desktop organiser, Amazon, £10.99

Fulton compact desk, Dunelm, £139

Benson steel desk lamp, Argos, £25

Retro swivel chair, Homesense, £79.99

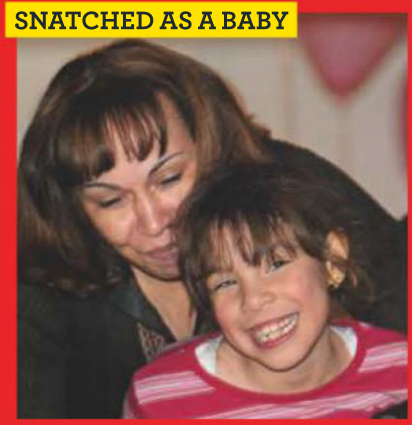
Pride & Joy apple pin board, Dunelm, £15

By Zoe Bishop

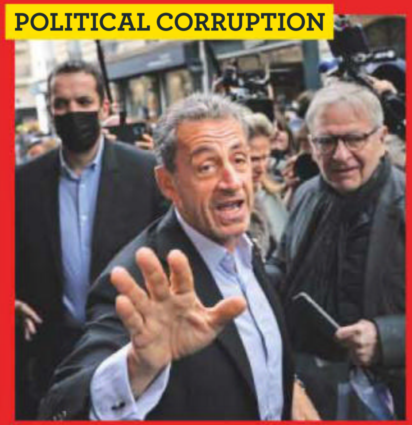
THE DARKEST CRIMES AND EVIL MINDS

CRIME MONTHLY

SADISTIC FREEWAY KILLER SLAYS 21 MEN
SUITCASE KILLING
WAS IT A SICK GAME GONE WRONG?
BUTCHERED & BURNED
EVIL TEEN MASSACRES HER FAMILY
CRIME MONTHLY
ISSUE 70
WINTER 2024
THE DARKEST CRIMES AND EVIL MINDS
IN COLD BLOOD
JONBENET CASE BREAKTHROUGH
FIVE NEW SUSPECTS IDENTIFIED
MURDER ON CCTV
FOUGHT FOR HER LIFE
LAKEN WENT FOR A MORNING RUN... HER BODY WAS FOUND JUST HOURS LATER
HOW OWNER'S LOYAL DOG SOLVED HER BRUTAL DEATH
CULTS EXPOSED
HORROR OF THE WORLD'S MOST INCESTUOUS FAMILY
£3.60


SNATCHED AS A BABY

ONLINE 'KILL LIST'


POLITICAL CORRUPTION

ISSUE 70 ON SALE NOW

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Over to YOU!

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The Lantern, 75 Hampstead Road,
London, NW1 2PL. Email: bella.letters@bauermedia.co.uk
facebook.com/bellamagazineUK
twitter.com/bellamagazineUK
instagram.com/bellamagazineUK

£50 Star letter

Inspirational women

Thanks for continuing to feature such inspiring women in your pages. Seeing Ruth Langsford's attitude to life post her separation from Eamonn Holmes and reading about Kate Garraway's determination on her first festive period since she lost her husband Derek Draper (issue 50) helped me believe anything is possible if you dig deep and think positively.
Jennifer Shelden, Twickenham

Fascinating read

I loved reading your interview with Lorraine Kelly (issue 1). She's had a fascinating career and has real staying power, plus it's good to see her calling out the toxic people in television. There's never been any drama around her, she seems like a good egg. Love her!
Lauren Smith, Norfolk

Talking point

In 2023, the average cost for a hen or stag do in the UK was £779 per person, going up to £1,208 if it was abroad. So, we asked, should there be a spending cap on hen-dos?

With the cost of living, people really should be more considerate when it comes to asking people to spend exorbitant amounts of money like that.
Julia Gains, via Facebook

In 2011, I had three hen-dos and it got me into so much debt, I vowed never to go on one again – and I haven't since!
Christina Halliday, via Facebook

When I organised my hen, I made sure to keep it small and affordable. It's not that hard.
Debs McGuinness, via Facebook

I can't see how you would enforce a spending cap. People should just be more thoughtful when asking people to come.
Ali Long, via Facebook

By Stephen Leng. **Pictures** Shutterstock, Getty, BBC

THIS WEEK Bella LOVES...

The Traitors

Unlike the contestants, we can't lie... Just a few episodes in and we're already obsessed with the third series of *The Traitors*. From the shock eviction of the first three contestants to Claudia Winkleman's wardrobe of cosy knits and the gorgeous setting in Scotland, we simply cannot get enough. If you've missed any episodes (where have you been?!) you can catch up on BBC iPlayer.

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'My sisters gave me a baby!'

Baby Emersyn

When Jaclyn Fieberg, 38, struggled to get pregnant, her closest family stepped in to give her the greatest gift

Glancing at the sonographer's face, I knew immediately it was bad news. 'I'm so sorry,' she said, softly. It was 2020 and I was three months pregnant with my first baby and had been so excited to hear the reassuring thud of a heartbeat. Instead, my husband Greg and I had just been given the worst possible news. Greg hugged me reassuringly but he was just as devastated as me.

When my sisters, Steph and Meredith, found out later that day, they rushed to my side immediately. As they'd both faced their own struggles starting a family, they knew how I felt. Just two weeks before, we'd supported Meredith after she'd suffered a miscarriage. She'd sadly gone through an ectopic pregnancy too and Steph had gone through IVF to have her daughter Olivia before having a second baby, Tyler, without fertility treatment. I felt so lucky to have them by my side.

Though we were heartbroken, Greg and I remained positive that it would happen for us, and the following year there was good news in the family when Meredith fell pregnant with twins. We were thrilled and doted on our gorgeous nephews, Caden and Cameron, when they arrived safely months later.

Jaclyn is so grateful to her sisters

Her family were so supportive

But it was hard to remain positive when, for me, round after round of IVF failed. I began to lose hope of ever having a baby. 'If you need us for anything, we'll help you,' Meredith said. 'If you need my eggs, or my body, I'll do it,' added Steph. While I appreciated their offer, I wasn't ready to give up on the dream of conceiving and carrying my own baby.

> 'If you need my eggs, I'll do it'

Despite discovering I had two conditions affecting my fertility – endometriosis and mosaic Turner syndrome – Greg and I remained hopeful. But each heartbreaking failure took its toll. After seven rounds of IVF and three painful miscarriages, I hit my breaking point. It was then that Steph, Meredith and our youngest sister Samantha stepped in and told me they had had their eggs tested to see who was the best donor. They discovered that Meredith offered the best chance – and they weren't taking no for an answer.

I was so grateful and we got the ball rolling. We ended up with 10 viable embryos created using Meredith's eggs and Greg's sperm. Still hoping to carry the baby myself, I had one implanted, but I received yet another devastating call from the clinic to say that the transfer had failed. On holiday with Steph soon after, I couldn't stop thinking about those embryos we had left. Although it was painful to accept, I knew I needed help. Remembering her amazingly kind offer, I asked Steph if she was still willing to carry a baby for me. 'Of course I am,' she said. I was overcome with gratitude and immediately called Greg who agreed that if Steph was our best chance of becoming parents, then we should go for it.

Back home, we saw the incredible doctor who'd helped Steph to have Olivia, and within a month, in May 2023, she had one of the embryos implanted. Soon after, we were all gathered at Meredith's house, to celebrate Mum's birthday, when the doctor called Steph. She put her phone on loudspeaker and the doctor said, 'You're pregnant!' Steph and I both sank to the floor in floods of happy tears.

But after suffering so much heartbreak and disappointment, I refused to let myself get too

Jaclyn holding newborn Emersyn, with Meredith and Steph

excited. We found out we were having a girl, and I breathed a sigh of relief each time we saw her on the screen and heard her heartbeat. Steph was amazing. If we were out together and anyone asked her about the baby, she would always explain that she was carrying the baby for me.

At the baby shower, I fought back tears as I thanked both Steph and Meredith for what they had done for me and Greg. But a few days before Steph's planned Caesarean, she called me and told me her waters had broken. Greg was working away, so I called him and he said he'd meet us at the hospital. Thankfully, he made it in time to come into the operating theatre with me, Steph and Mum.

> 'I can't believe you're here'

While Mum held Steph's hand, Greg and I watched as doctors delivered our gorgeous baby daughter, Emersyn by C-section. We were all in tears as she was placed in my arms. 'I can't believe you're here,' I said. We left so doctors could get Steph stitched up. But as soon as she was out of theatre and recovering, we took Emersyn in so she could hold her.

The following day, Meredith visited. I wondered if it would feel weird for her, knowing that this baby came from one of her eggs, but she was just excited to meet her new niece. 'I can't thank you both enough,' I told them. These two amazing women had helped make me a mum to this beautiful baby girl.

Emersyn is eight months old now, and she's a dream. Greg and I are loving every moment of being her mummy and daddy. When we look at her, all the heartache we suffered to get here just washes away. What my sisters did for us has shown me a whole new level of love and without it, this wouldn't have happened. Saying 'Thank you' will never feel like enough for this incredible gift.

Steph, 40, says, 'Watching Jaclyn hold her baby girl was a dream come true for me and our family.'

Meredith, 34, says, 'Jaclyn struggled for so long, so I wanted to offer something more than words of support. Being her egg donor was something I had to do for her. It was, and still is, my greatest honour. I know she'd do the same for me if the situation was reversed.'

With Greg and Emersyn

By Candice Fernandez and Helen Garston

Dear Kate...

Counsellor Kate Medlin answers your personal, sexual and emotional problems

She read my messages!

Q My stepdaughter (14) and I have a difficult relationship. Her mum feeds her with a load of lies about me and however much I try to get on with her, she makes it very hard and tries to cause trouble between me and her dad. Like the other day, she had been rude to me when we were out for lunch, and on the way home in the car, I was texting a friend venting about what she'd done. Without me realising it, she leant forward and read my texts over my shoulder. She went crazy, telling my husband (her dad) that he had to leave me after seeing what I'd written, and that I was a vile witch among other things that aren't printable. The worst thing is that my husband took her side, and said I shouldn't have written about her to my friend. What about my invasion of privacy? What about the way she behaved and the awful things she said to me? Can't he see that she's getting what she wants by pitting us against each other?

A I get so many letters like this from stepparents who are having trouble with their partners' children. It is certainly a difficult path to navigate. However, the only way that you can get through this and come out the other side with your relationship intact is for you to be the grown up. No matter how you felt about her behaviour, and how much you wanted to vent to your friend about it, texting while you were so close to her was likely to lead to trouble, and I might go so far as to say that it was tempting fate (or your stepdaughter) to do so. I'm not saying that bad behaviour should be ignored, or rewarded, but the way you responded was just like a 14-year-old would. What she needs to feel is that there are adults in charge who will make her feel safe. Children act out and misbehave when they feel

Did I mess everything up?

Q My boyfriend and I have been together for 14 years on and off but have just split up, again. He lived at mine rent free, never paid for a thing. I have had to force him to take our relationship seriously, every step of the way. We've split up loads of times, usually because he's cheated, or I'd had enough of his nonsense. This time, I'm done. I slept with a guy on a night out because he's always said that, if I did that, there'd be no going back. I can't decide whether to tell him or not. I really miss him, can't stop crying and don't know if I've done the right thing.

A Your letter was a little confusing as all the way through it seemed you'd finally realised that you weren't getting what you needed from this relationship. But then you express regret and sadness. I wonder if those tears are really for you? For all the years you've wasted on this man. Letting him live rent free in both your home and your head, no matter what he did or how he treated you. We can hold two contrasting thoughts at the same time. 'I'm glad we're done', and 'I want him back'. You miss him and are hoping that if you love him hard enough, he'll become the man you want him to be. But can he? Unless you can change the script, and really believe that you deserve better, ask yourself – what would you be going back for?

He won't let him come

Q I'm getting married in a few months and my fiancé and I have been doing the guest list. He told me that my cousin can't come to the wedding because he's gay. He said his family would never allow it. My cousin is like a brother to me and we were practically brought up together. There is no way I could leave him out. But my fiancé says that if he's there, the wedding won't go ahead. What should I do?

A Putting aside who's right or wrong, you and your fiancé have fundamental differences in your belief systems, and it's no bad thing this has been highlighted now. The fact that your fiancé isn't willing to put his own prejudices to one side, knowing how much this would upset you, to me is a real red flag. Do you think he's more concerned about what his family will think? If this is the case, perhaps there's a conversation to be had. But if this is a blanket rule for your life together, if he expects you to cut your cousin out of your life because of his views on his sexuality, then

Letters and replies may be edited for length/clarity. **Photos:** Getty, Shutterstock

Write to **Dear Kate**,
Bella, The Lantern,
75 Hampstead Road,
London, NW1 2PL, or email
bella.advice@bauermedia.co.uk.

Kate will attempt to respond to as many letters as possible through her page

threatened, so perhaps it's worth asking yourself what you're doing that contributes to this. I understand that you're up against it if her mum is planting ideas in her head about you, but it sounds to me like you're just proving her right, instead of showing her that the things her mum says about you are a load of nonsense. Children will often try to pit parents against each other, stepparents or otherwise. And that's because they want to check that when they push, the boundaries will be held. She's effectively testing you, and I'm afraid, you keep failing. And this is even more true when it comes to blended families. Your stepdaughter is desperately trying to cling on to her dad and is worried that you will rob her of that relationship. Don't join her in her adolescent tantrum. Try to see the behaviour for what it is. A plea to feel safe.

---

that's going to be a major issue. I think you need clarity on what he means. You'd never forgive yourself if you betrayed your cousin as well as your principles for the sake of some narrow-minded bigots.

BELLA ADVICE LINES

Do you suffer from anxiety?
0906 652 5070

Getting over depression?
0906 652 5076

Bereavement
0906 652 5077

Impotence
0906 652 5078

Relationship breakdown
0906 652 5079

Calls cost 65p per minute plus your network access charge. Calls last approximately four minutes. You must be over 18 to call and have the bill payer's permission. UK SP: Spoke 0333 202 3390

Horoscopes

By Jane Struthers **For the week 7–13 January**

The Princess of Wales – 43 on 9 January

AQUARIUS

21 January – 19 February

Being an Aquarian means you have a desire to understand what makes others tick, and this week is ideal for learning a little more. And it works the other way as well, so encourage conversations in which everyone can open up with some much-needed honesty.

Theme of the week: Confidantes

☎ 0906 650 7240

PISCES

20 February – 20 March

Talking to people who are on your wavelength is liberating. It's wonderful to say exactly what you think, although you're tempted to hold back on the 11th in case you're criticised. On the 12th you're swept away on a tide of romance that's delightfully escapist.

Theme of the week: Philanthropy

☎ 0906 650 7241

ARIES

21 March – 20 April

Keep up the momentum of your current can-do attitude. Early in the week is great for creating fresh strategies, and is also perfect for brainstorming, especially with someone with valuable experience. By contrast, less is more on the 12th, so don't go overboard.

Theme of the week: Clear the clutter

☎ 0906 650 7230

TAURUS

21 April – 21 May

It pays to be inventive at the start of the week, and it's exhilarating as well. You enjoy a close bond with a friend on the 10th, but on the 11th hesitation or reticence threaten to foster an awkward atmosphere. Try to work your way through it.

Theme of the week: Optimism

☎ 0906 650 7231

GEMINI

22 May – 21 June

Joint financial arrangements are highlighted for the rest of the month, so use this opportunity to talk and think about the resources you share with others. Bolster your self-confidence on the 11th, otherwise niggling little glitches will make you doubt yourself.

Theme of the week: Priorities

☎ 0906 650 7232

CANCER

22 June – 23 July

Right now you're involved in a dance between respecting your own needs and those of the people around you. From the 13th you realise the need to start making changes, because doing some things in the same old way no longer satisfies you.

Theme of the week: Direction

☎ 0906 650 7233

LEO

24 July – 23 August

Make the most of your considerable common sense midweek as it will tell you how to show yourself in the most responsible light. Your intuition is your greatest guide on the 12th and it works its own magic – something miraculous is happening behind the scenes.

Theme of the week: Inventiveness

☎ 0906 650 7234

CAPRICORN

22 December – 20 January

Your thoughts are starting to revolve around your personal life, putting you into a subjective frame of mind that will last for the rest of the month. This will help you in many ways, yet at times you must strive to be less self-centred. From the 13th you begin to see what's going on in a relationship and what to do about it.

Theme of the week: Reality checks

☎ 0906 650 7239

VIRGO

24 August – 23 September

This is a wonderful week for keeping in touch with some of your favourite people, as well as putting your mind to anything creative. On the 10th you radiate confidence, but on the 11th it's all too easy to become over-sensitive to criticism, whether it's implied or overt.

Theme of the week: Stay strong

☎ 0906 650 7235

LIBRA

24 September – 23 October

Keep in touch with family and close friends as nostalgia-fuelled chats will be especially enjoyable. Duty calls on the 11th but don't let it dominate your day. On the 12th you make a point of treating a certain someone with the consideration that they deserve.

Theme of the week: Balance

☎ 0906 650 7236

SCORPIO

24 October – 22 November

Feeling a little stale now the festivities are over? The best remedy is to keep busy, both physically and mentally. Try to fit in lots of short journeys, enjoyable chats and other activities. On the 13th you're drawn to anyone who's unafraid to be their true self.

Theme of the week: Inspiration

☎ 0906 650 7237

SAGITTARIUS

23 November – 21 December

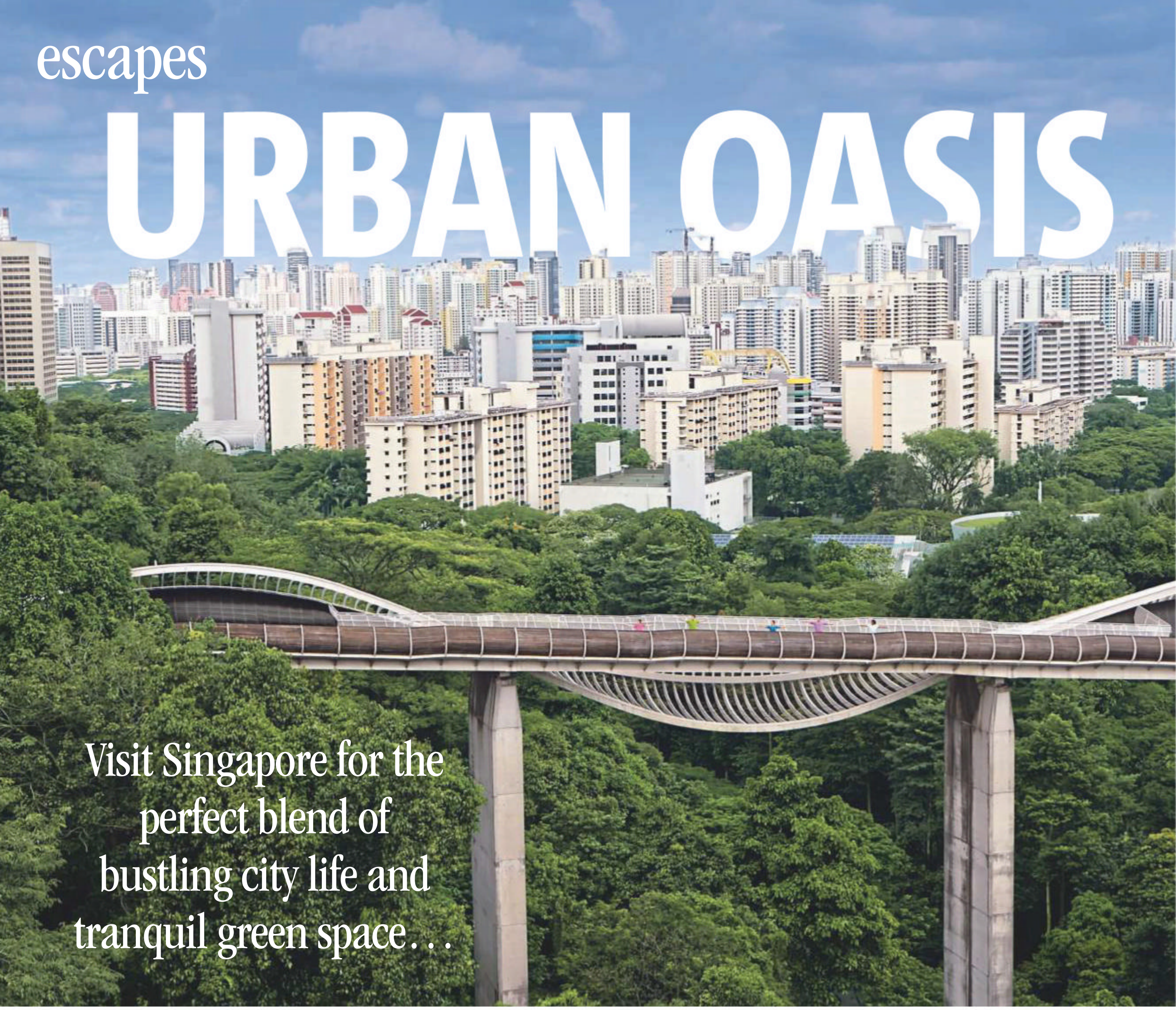
Your rapport with you-know-who reaches new heights on the 10th. This is just what you need if you've been waiting for the right moment to develop your relationship. The 12th is perfect for creating a cosy atmosphere with someone dear to your heart.

Theme of the week: Values

☎ 0906 650 7238

For a more detailed weekly forecast call the number for your star sign. Calls cost 65p per minute plus your network access charge. Weekly forecasts last approximately four minutes. Messages are pre-recorded. For entertainment and guidance purposes only. Users must be over 18. Service provider: Spoke. Customer service number 0333 202 3390 (9am-5pm)

URBAN OASIS



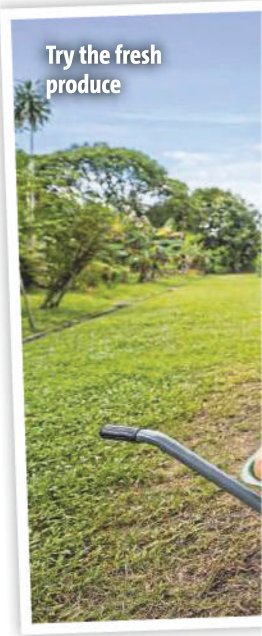
Visit Singapore for the perfect blend of bustling city life and tranquil green space…

Supertree Grove is not to be missed

Be wowed

Stop by futuristic Supertree Grove to see the light-up Supertrees, and make sure to time your visit with one of the free twice-nightly Garden Rhapsody shows. Not far from Supertree Grove is Cloud Forest – a place that is just as magical as it sounds. Home to the largest indoor waterfall, Cloud Forest also houses some of world's most exotic plants.

For unparalleled views of the city, head over to Henderson Waves that sits 118ft above ground level. Not only is the view impressive, the bridge itself is an architectural masterpiece, thanks to its distinctive wave-like structure.



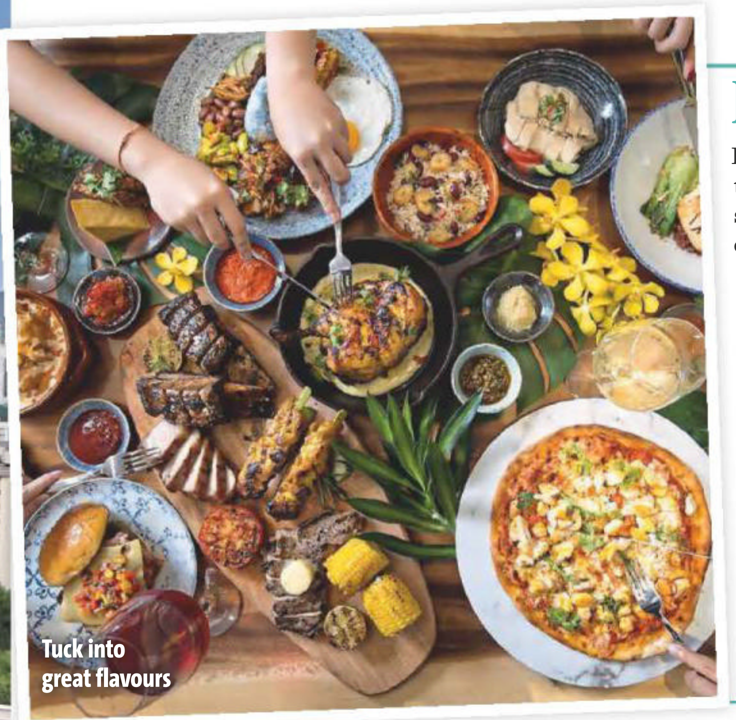
Try the fresh produce

Picturesque Henderson Waves

Living in the future

A visit to Singapore truly feels like a visit to the future. With modern high-rise buildings covered in greenery, light-up trees and bridges in the sky, some parts of this sparkling city can only be compared to a sci-fi movie – and this includes the hotels too.

We stayed at the Park Royal Collection Marina Bay, a 21-storey hotel with an impressive indoor garden atrium complete with songbirds. It's also home to fantastic restaurants, a rooftop pool and lots of vegetation, all of which help contribute to that modern outside/inside feel. The hotel also has its own urban farm with more than 60 varieties of herbs, fruits and vegetables.


Tuck into great flavours

Eat like a local

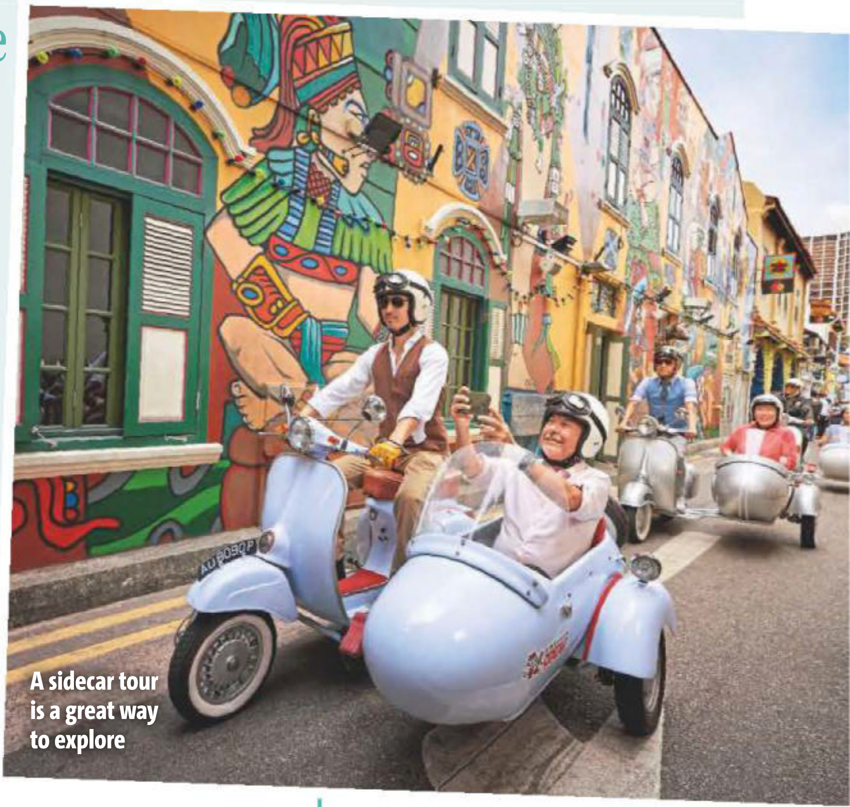
In Singapore, locals eat out more than they cook at home, which just shows the quality and affordability of restaurant dining. You're spoilt for choice at the Hawker Centre, a huge food court offering tasty local dishes. The fried carrot cake is a favourite, and the classic chicken and rice won't disappoint! With prices averaging around £4 per dish, you really can't go wrong.

For more upmarket dining, stop by Native, a soul food restaurant with a cosy upstairs bar. Finish the night with cocktails at the glamorous 1920s-inspired Atlas bar – we recommend the Orange Blossom Martini.

Sightsee in style

If you're looking to see the sights from a completely unique perspective, a ride with Singapore Sidecars is a must. As the world's first vintage Vespa sidecar tour, you'll be transported around the streets in these retro vehicles stopping by all the popular landmarks, including the famous Raffles Hotel and the Sultan Mosque.

The Vespa drivers are all local, and very knowledgeable tour guides. Don't be afraid to ask them to stop so you get every photo opportunity along the way. And be prepared to turn some heads!


A sidecar tour is a great way to explore

BANANA ALLEY
JOY

Green spaces

Despite being a busy city, Singapore isn't short of green spaces. With four nature reserves and 350 parks, you're never too far from picturesque greenery. Fort Canning Park is known for its Tree Tunnel. It's a popular photo spot, but make sure to get there early to avoid queueing.

For a special experience, take a trip to Bollywood Farms. Here they grow some of the most unique crops, including the 'lipstick plant' which produces a red pigment that can be used as make-up. The on-site Poison Ivy Bistro is all about farm-to-table dining and their popular banana bread is not to be missed – you'll be craving it for days afterwards.

NEED TO KNOW

- Singapore Airlines flies from London Heathrow to Singapore Changi Airport four times daily, with prices starting from £650 return in economy class. Rooms at Park Royal Collection Marina Bay start from £297 per night.
- For more information, head to visitsingapore.com

By Lucy Brown. **Pictures:** Singapore Tourism

TV WEEK

Moorish home makeover

Amanda and Alan's Spanish Job, Friday 24 January, BBC1

Amanda Holden and Alan Carr will be moving countries for their biggest renovation project yet – they're taking on a rambling, rundown property in the province of Andalusia, Spain. This year, their interiors style will delve into the Moorish influences of bygone eras. 'It's wonderful how often I'm stopped in the street and told how much people love our show,' says Amanda. 'Alan and I have the best time filming it – by day we love getting our hands dirty knocking down walls and lugging around power tools knowing we'll be sipping on an ice-cold reward by night, forgetting the cameras are rolling!'

By Caroline Blight, Amber Connolly and Amy Rowland **Pictures** BBC, ITV, Channel 4, Netflix

MICHAEL McINTYRE'S
BIG SHOW

NON-STOP LAUGHS

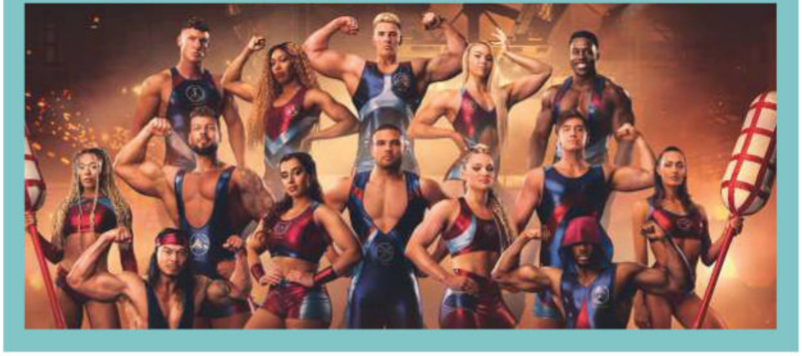
Michael McIntyre's Big Show, Saturday 18 January, BBC1

Michael McIntyre returns with a revamped version of his Saturday-night entertainment show, with some new sections for series eight and plenty of star guests including Miranda Hart, Michael Sheen, Judi Love and Holly Willoughby. And there will be more heartfelt moments too for deserving members of the public. 'It's so wonderful that the *Big Show* can give special people a once-in-a-lifetime experience,' says Michael. 'And there are loads of celeb cameos helping me with surprises including Jamie Oliver, Olly Murs and Luke Littler. It's a jam-packed series!'

Challengers ready!

Gladiators, Saturday 18 January, BBC1

Family favourite *Gladiators* returns to our screens with father-and-son duo Bradley and Barney Walsh at the helm again. They will take part in a series of brand-new games alongside classic challenges, including The Eliminator. But who would win if the pair took on the Gladiators themselves? 'It's no competition. Barney!' says Bradley. 'He's quicker and stronger than me, I wouldn't have a chance, I'd have to cheat.' Though Barney reckons his dad would have a go. 'On Duel, Dad would definitely cheat, even though you're not allowed to poke with the pugil sticks, he'd just start poking and he would win through cheating.'



Free from fear

The Fear Clinic, Tuesday 21 January, Channel 4

A cutting-edge clinic in Amsterdam is offering people with debilitating phobias the chance of conquering their fears and moving forward with their lives. Three Brits are spending 48 hours in the clinic where they will undergo a new psychological treatment based on two decades of scientific research. The Memrec treatment, devised by Dr. Merel Kindt, Professor of Clinical Psychology at the University of Amsterdam, has an incredible success rate of 85%. It applies groundbreaking insights from neuroscience into how our emotional memory works to help those with acute phobias.

BABY MAKING

Katie Price: Making Babies, Monday 20 January, Channel 4

Katie Price opens up about her past fertility struggles with now ex-boyfriend Carl Woods as the pair tried for a sixth child. Determined to show the raw and real side of IVF, we see her in hospital and going for scans. She is also honest about her struggles with her mental health and how she is trying to rebuild her life with the help of those around her. 'People have got to realise that it doesn't matter if I look young or I look younger – your body is still 46 and your eggs get less. As you get older it's harder,' Katie says.

SPANISH SCANDAL

Long Lost Family: The Spanish Baby Scandal, Tuesday 21 January, ITV1

Long Lost Family returns with a shocking special investigation into the Spanish baby scandal. From the beginning of the Franco dictatorship in the '30s and continuing long after Franco's death into the early '90s, it's thought babies were taken from parents at birth and given or sold to other families. Ruth, whose first child was born in Spain in 1992 says, 'I believed for 19 years that my daughter had died. And then suspicions came to light that my daughter may not have died and was stolen at birth.' Hosts Davina McCall and Nicky Campbell meet other women who think they too have lost their children.

NEW THIS WEEK

FILM

A Complete Unknown

In the early '60s, 19-year-old Bob Dylan arrives in New York with his guitar and revolutionary talent. Meeting other musical icons during his rise to fame, the groundbreaking singer-songwriter sets about changing the course of American music forever, as well as reaching international stardom. This biopic, starring Timothée Chalamet as Dylan, brings to life the songs we know and love – fans won't be disappointed.

EVENT

Disney Jr Live On Tour: Let's Play!

All the excitement of Disney Jr. is packed into this interactive experience, including fan-favourite characters Mickey and Minnie Mouse, SuperKitties and Team Spidey. With singalongs, dancing, 3D effects and acrobatics, the show is tailor-made for little ones, perfect for family fun. Performances on 15-16 March at London's Royal Festival Hall with tickets available now at disneytickets.co.uk/disneyjrtour

BOOK

The Three Lives of Cate Kay

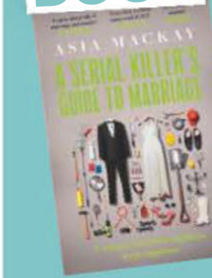
by Kate Fagan (Bloomsbury)

Cate Kay has three lives – as the most famous author on the planet who has managed to remain completely anonymous, as Annie, the girl who ran away; and as Cass, her current alias. As her past catches up and she falls in love, Cate decides to reveal her true identity – but will the truth solidify her legacy or shatter it? We were obsessed with this page turner.

FRIEND LOVER IMPOSTER
THE THREE LIVES OF CATE KAY
KATE FAGAN

BOOK

A Serial Killer's Guide to Marriage



by Asia Mackay (Wildfire)

Hazel and Fox seem like an ordinary suburban couple with a baby – except they're ex-serial killers. Once living a glamorous life of travel and murder, they traded it for quiet domesticity. But Hazel's urge to kill returns, leading her to act behind Fox's back and draw police attention. Now, she must protect their family at all costs. Murder might save their marriage – unless it kills them first... Sharp and funny.

BOOK

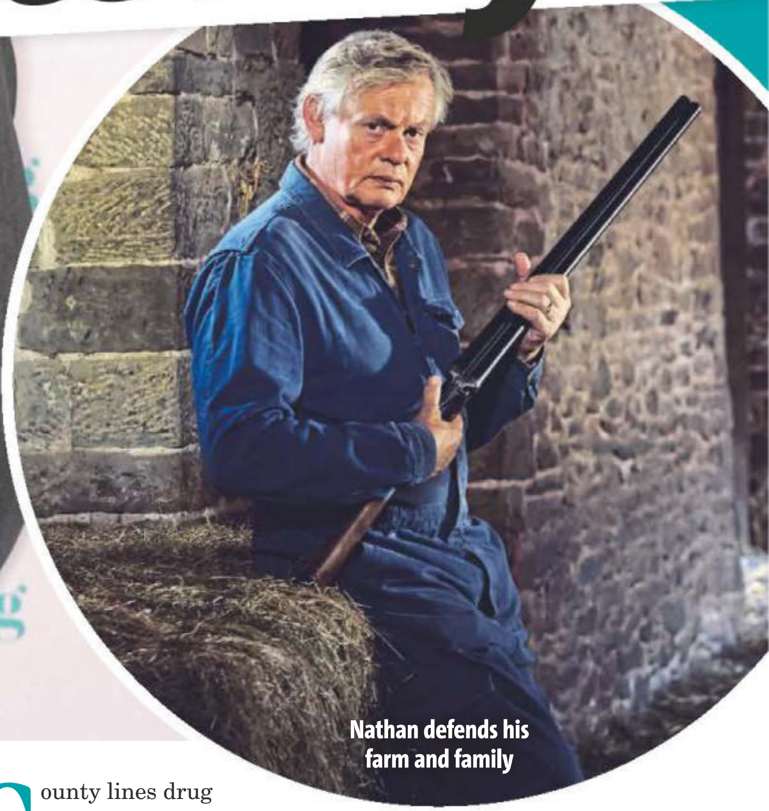
The Ski Trip

by Sarah Clarke (HQ)

Four friends head on a fun boy's skiing trip – but it turns tragic when Tom falls to his death in the Alps. Zoe, his grieving widow, travels with her friend Ivy to bring him home. But Ivy grows suspicious –Tom's fall wasn't from a dangerous slope, and tensions within the group had been boiling over. Could one of Tom's friends be a killer? With the suspect still in the chalet, this gripping thriller unravels secrets, lies and deadly betrayal.

SARAH CLARKE
THE SKI TRIP

‘I was shoc county li



Nathan defends his farm and family

County lines drug dealing is an issue facing communities across the UK – including in the British countryside. In his new drama *Out There*, Martin Clunes plays farmer Nathan Williams who is confronted with dark forces creeping into his rural community.

He runs a farm which has been in his family for generations, and is numbed by grief following the death of his wife, Sabine, two years previously. A single parent to teenager Johnny (Louis Ashbourne Serkis) Nathan uses his pent-up energy to take on the gangs that threaten his son. He’s missed all the clues that the country idyll around him has been contaminated by waves of criminality spreading from the city – can he save his home and son before it is too late?

Tell us about Nathan?

Things are not great because they are on that journey of grief. But there is a normality, there is the rhythm to the working day because of the needs of the animals on the farm, which keeps Nathan on his toes. At the same time he is mindful of his teenage boy, and to make sure he is heading in the right direction, and there is a normality to that. There is this collision with the world of

ked by the UK nes problem'

Martin Clunes found his gritty new role eye-opening

With on-screen son Louis Ashbourne

county lines drug dealing that has sort of tricked Johnny, his son, into carrying things around and being peripherally involved with the drugs market, which is not something he goes into willingly. He gets conned into it and drags that world into the rural farming community. It is an industry that is constantly looking for new markets and it is quite shocking to see it crashing into this agricultural world and into this delicate father-son relationship.

Does he feel he has lost touch with his son?

That would suggest he knows what is happening. I think it is quite normal for teenagers to conceal what they are up to from their parents. As much as Nathan does try and manage without micro-managing Johnny, he is completely flabbergasted at what has gone on that he didn't know about.

This couldn't be more different to *Doc Martin*!

It's pretty dark, but his seemed like a story worth telling about the spread of the of the county lines drug business and the threat that it poses to people. I'm very happy to be working with Marc Evans and Ed Whitmore again after the success of *Manhunt*.

How much did you know about county lines before you started filming?

We researched the whole county lines problem with Marc and Ed. While this is a work of fiction the way that business model works is represented accurately because the research was so thorough. I was shocked by certain things – shocked by the stabbing. There is a story of stabbing every day in the news, and that callous approach to life, the way these kids are used as a disposable work force. You can see the rank system, and the way they can rise up the ranks, it's a very well thought out, nasty business.

It was filmed entirely on locations in Wales with a Welsh crew – did you enjoy filming in the country?

I really enjoyed filming in Wales. The locations were beautiful. I like being on a farm and being in the countryside. I was in my element and the horse was lovely. She was so sweet natured and I think all the crew wanted a horse by the end of the filming, and I wanted to take her home with me. Wales is kind of border land, and so much of it is about boundaries, and borders, and encroachment, and threat, and it is all sort of tied in together. But county lines is very much a nationwide problem. The way we are telling it, those issues come up.

Martin knows all about farming life

Can you empathise with the pressures Nathan is facing as someone who has had livestock?

Totally, having given it a go and faced the economics of it square on when we used to farm with livestock. I have other people's livestock on our land. We concentrate on the hay and the haylage now. I have three cows left and I've promised them they can stay where they fall. I am glad I did it, it was a great experience.

● *Out There, coming soon, ITV1*

By Caroline Blight. **Pictures** Shutterstock

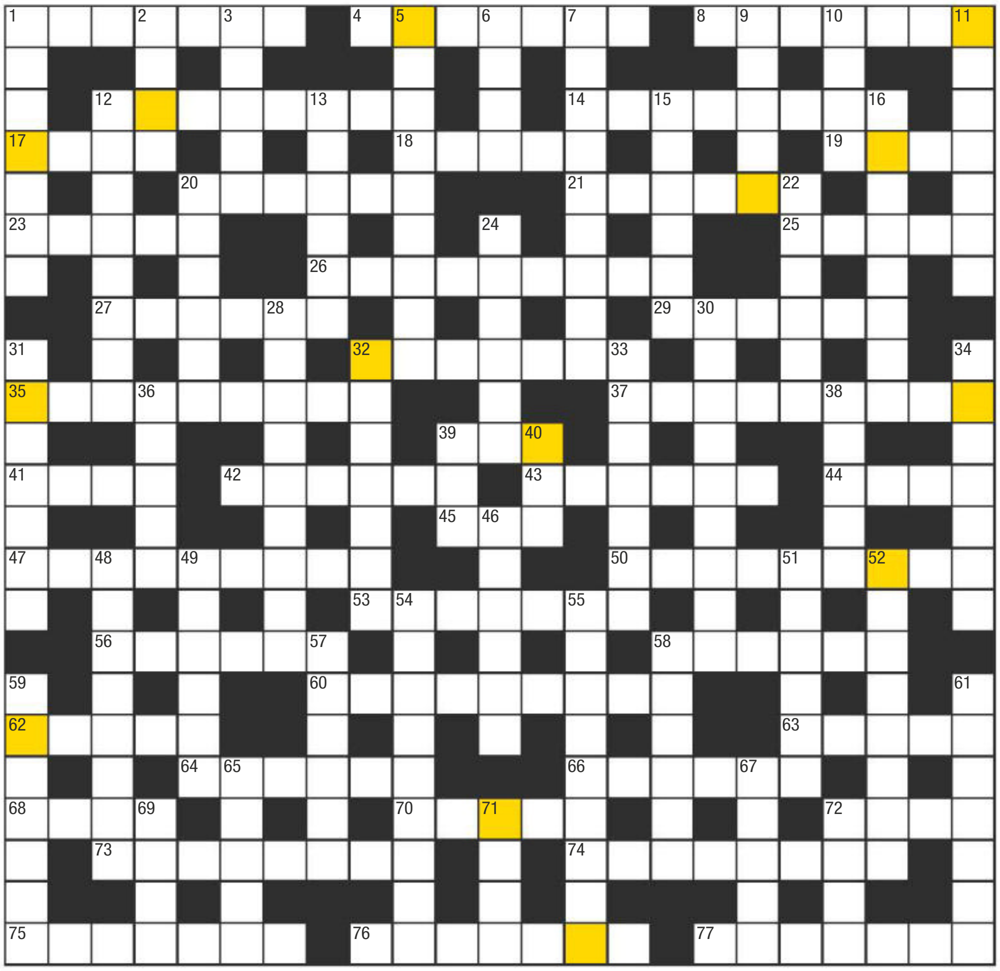
Puzzles

YOU could be in with a chance of winning £200

PRIZE crossword

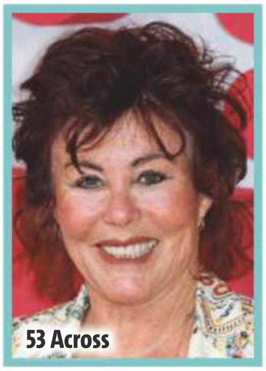
WIN £200

Solve the crossword to find, reading from top to bottom in the shaded squares, the name of a British actress. This is your competition entry answer. See the 'How to enter' panel, below right.



Across

1 Penelope - - -, only female driver in *Wacky Races* (7)
4 Mobile home (7)
8 Party thrower and title character in a famous Mike Leigh play (7)
12 *I May Destroy You* star, - - - Coel (8)
14 Wind instrument you learn to play at school (8)
17 Dumpling fat? (4)
18 Music speed (5)
19 Yellow part of an egg (4)
20 Prince Harry's son (6)
21 Clint Eastwood Western, *High - - - Drifter* (6)

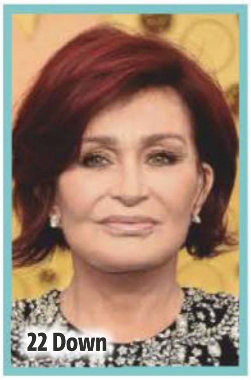


53 Across

23 Official decree, proclamation (5)
25 Japanese verse form with 17 syllables (5)
26 Final chess move (9)
27 Figure of Greek myth who flew too close to the sun (6)
29 Zodiac Bull (6)
32 Stammer (7)
35 Leisure attraction such as Alton Towers (5,4)
37 Authoritative order, anagram of RANCID ONE (9)
39 Historical period (3)
41 Shopping precinct (4)
42 Don't agree to a thing! (6)
43 Short films made to accompany songs, music - - - (6)
44 Press (clothes) (4)
45 Group who had a hit with *Take On Me* (1-2)
47 *GMB* newsreader, - - - Hawkins (9)
50 Winner of *The X Factor* in 2008, - - - Burke (9)
53 US comedian and writer, pictured left (4,3)
56 Specialist (6)
58 Small variety of domestic fowl (6)
60 Country run by a select few (9)
62 Maxim encapsulating a group's ethos (5)
63 Repeated TV show (5)
64 Monarch's residence (6)
66 Subtle difference (6)
68 Nil, nought (4)
70 Proverb, 'All - - - lead to Rome' (5)
72 Make beer (4)
73 Surrounding area or district, anagram of OVERS INN (8)
74 Badges or emblems of rank (8)
75 Chip shop sausage (7)
76 Maintenance after a divorce (7)
77 *The Shawshank Redemption* actor, Morgan - - - (7)

Down

1 Sticky wound cover (7)
2 Comedy sketch (4)
3 Alternative (5)
5 Action of lessening in intensity (9)
6 - - - Sandler, star of *Spaceman* (4)
7 Aircraft (9)
9 Lowest noble rank (5)
10 Christian - - -, *Fifty Shades* character played in three films by Jamie Dornan (4)
11 Sentinel (7)
12 Prescribed drug (8)
13 Morals (6)
15 Alpine dwelling (6)
16 Smokey - - -, Motown singer (8)
20 Army 'Relax' command (2,4)
22 - - - Osbourne, talent show judge, pictured below right (6)
24 Pond - - -, bug that skims across water (6)
28 Mongolian capital, anagram of BANAL ROUT (4,5)
30 Constellation containing a galaxy (9)
31 Belly, abdomen (7)
32 Reporter in the *Harry Potter* universe, Rita - - - (7)
33 Vehicle levy (4,3)
34 Pellet-filled seat? (7)
36 Grinding tooth (5)
38 Martian, eg (5)
39 Greek letter (3)
40 Hollywood screen idol, - - - Gardner (3)
46 Period of greatest success – of a pop group, eg (6)
48 Camera lens opening (8)
49 Portable computer (6)
51 Garb, clothing (6)
52 Brown sugar (8)
54 US film company, - - - Pictures (9)
55 Fortieth day after Easter, - - - Day (9)
57 Red salad fruit (6)
58 Road avoiding a town (6)
59 Arthur Ransome novel, *Swallows And - - -* (7)
61 Highest mountain in Wales (7)
65 Spanish for 'Friend' (5)
67 Tobacco product (5)
69 On a single occasion (4)
71 Tiny particle (4)
72 Sink your teeth into! (4)



22 Down

Crossword Neil Locker. **Pictures** Shutterstock.

COMPETITION AND GIVEAWAY RULES Competitions open to residents of the UK (including Channel Islands and the Isle of Man), Eire or BFPOs, aged 18 or over, except Bauer Media employees, its affiliated companies, any promotional partners, or their families and anyone connected with the competitions. Enter by text, online or phone. No purchase necessary. Answers must be the product of own work. Unless expressly stated, travel expenses and spending money is not included. There is no cash alternative to prizes and no alternative holidays can be offered. Prizes are not transferable. No responsibility can be accepted for entries that are delayed, damaged, mislaid or wrongly delivered, or for any loss in service of the online entry mechanism or for entries lost, delayed or corrupted due to computer error in transit. Only one entry per person. A winning entry is the first correct answer drawn after the closing date. For a free entry, enter online at bellamagazine.co.uk. Prizewinners will be notified by post on headed paper or by official email. The results are published. Winners must agree to the publication of their names, age and photos. The Editor's decision is final and no correspondence can be entered into. Your information will only be used to administer promotions in accordance with our privacy policy. Entry implies acceptance of these rules. Promoter: H Bauer Publishing. Full T&Cs can be found at bauerlegal.co.uk/competition-terms.html

Sudoku

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3x3 block contains all the numbers from 1 to 9.

EASY

			7		1			
1		8				4		9
	9	2	6		4	3	5	
6								5
		7	9		5	1		
9								3
	4	9	3		2	5	1	
3		6				2		7
			1		8			

HARD

		9						
7			1	5	6		3	
5				8	3			
	7					4	1	2
		2				3		
3	4	5					6	
			3	6				1
	5		8	2	9			7
						8		

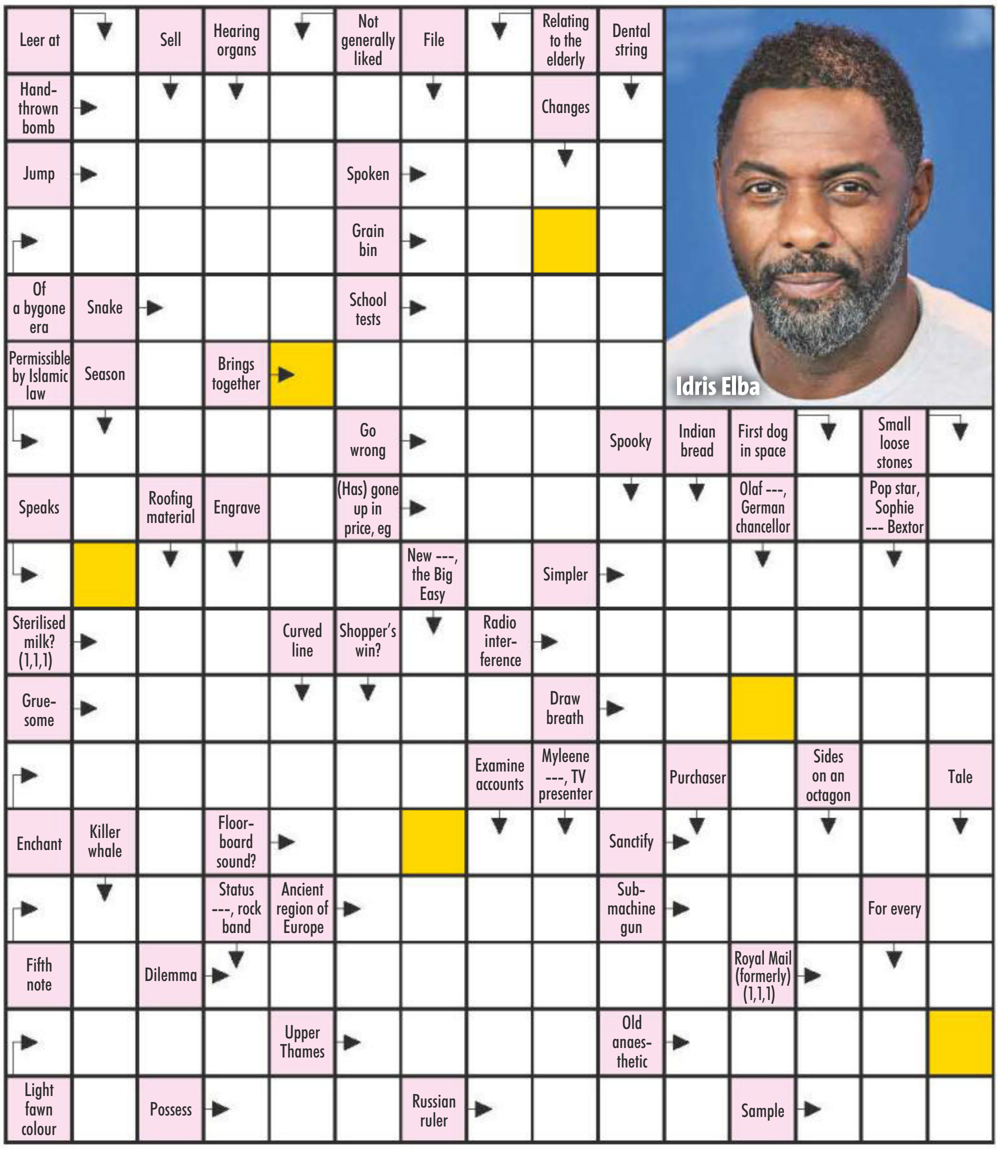
Take a Break Su-doku

Take A Break Su-doku magazine, containing over 80 fun-to-solve puzzles, is on sale now.

WIN £200

PRIZE Arrowword

Solve the clues, writing your answers in the directions shown by the arrows, to reveal, reading down the shaded squares, the work for which Idris Elba won a Golden Globe. This is your competition entry answer. See the 'How to enter' panel below.


Leer at
Sell
Hearing organs
Not generally liked
File
Relating to the elderly
Dental string
Hand-thrown bomb
Changes
Jump
Spoken
Grain bin
Of a bygone era
Snake
School tests
Permissible by Islamic law
Season
Brings together
Idris Elba
Go wrong
Spooky
Indian bread
First dog in space
Small loose stones
Speaks
Roofing material
Engrave
(Has) gone up in price, eg
Olaf ---, German chancellor
Pop star, Sophie --- Bextor
New ---, the Big Easy
Simpler
Sterilised milk? (1,1,1)
Curved line
Shopper's win?
Radio interference
Gruesome
Draw breath
Examine accounts
Myleene ---, TV presenter
Purchaser
Sides on an octagon
Tale
Enchant
Killer whale
Floorboard sound?
Sanctify
Status ---, rock band
Ancient region of Europe
Submachine gun
For every
Fifth note
Dilemma
Royal Mail (formerly) (1,1,1)
Upper Thames
Old anaesthetic
Light fawn colour
Possess
Russian ruler
Sample

SOLUTIONS

Sudoku solutions can be found online now at bellamagazine.co.uk

ISSUE 52 /53
PRIZE ANSWERS
Crossword
Sigourney Weaver
Arrowword
The moon

Full solutions to this week's prize puzzles can be found at bellamagazine.co.uk after the closing date: 27 January 2025

HOW TO ENTER THE PRIZE COMPETITIONS

BY PHONE: 0901 130 0237

When asked for the issue number, key in 02. Calls cost 50p per call, plus your network access charge. (UK readers only.) You must be 18 or over and have the bill payer's permission.

BY TEXT: 65115

Text BEL02 then a space followed by your name, house number or name, your postcode, then your answer(s), all separated by a space, to 65115, eg Jane Smith 10 SL5 9JN Answer(s). Texts cost 50p plus your standard network rate. Keep texts under 160 characters or you may be charged for more than one text.

- If you enter after the closing date, you will not be entered but may be charged. Not available in Eire. Please ensure your entry is completed correctly, as incorrect entries may be charged but not entered. This is not a subscription service.
- **You are automatically consenting to receive further communications about these competitions from us via SMS text. You can opt out of this at any time by texting STOP to 65115. This will be charged** at your standard network rate, but you will need to do this each time you enter the competition by text. Your personal data will (regardless of whether you opt out) always be used to process your entry. For further information, see general terms and privacy policy at Bauerdatapromise.co.uk.
- Lines close at 11.59pm on 27 January 2025.

Phone UK SP: Spoke (0333 202 3390). Text SP: Bauer Media. Email smshelp@bauermedia.co.uk or call 0330 159 2525.

OR ENTER ONLINE:
Bellamagazine.co.uk

Bella
Bella
WIN
£25
WIN
£25

Continued over the page...

Puzzles contin

BITS & PIECES

We've taken a completed crossword puzzle and cut it up to give 24 pieces. Your task is to rebuild the puzzle with the help of the piece that we've already placed in the grid.

R	■	O
■	S	N
G	■	■

C	■	L
K	K	A
■	■	B

U	S	T
■	E	■
E	D	■

B	E	F
R	■	■
E	A	S

■	B	A
■	E	■
E	N	T

D	I	T
■	■	O
G	A	R

F	I	D									
A	■	E									
C	O	N									

A	■	C
T	E	A
H	■	B

G	E	T
■	■	I
F	I	D

O	R	E
W	■	G
E	■	A

~~F~~	~~I~~	~~D~~
~~A~~	■	~~E~~
~~C~~	~~O~~	~~N~~

I	L	L
N	■	G
G	R	E

E	■	E
V	■	G
E	R	I

I	O	N
V	■	S
E	R	Y

H	A	N
■	R	■
N	K	L

R	A	T
I	■	■
M	I	S

T	■	■
A	M	B
K	■	U

D	■	O
E	A	R
E	■	A

■	D	■
O	O	P
L	■	A

■	■	Y
F	T	■
L	■	V

S	I	C
L	■	O
I	A	L

R	A	N
■	D	■
U	D	G

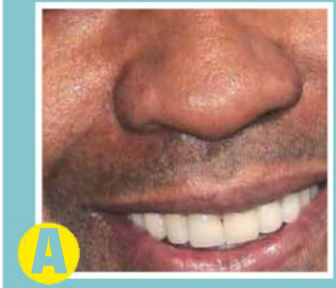
■	C	■
C	H	U
■	M	■

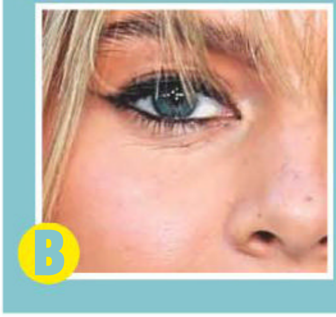
■	R	■
L	E	D
■	S	■

E	■	S
T	H	E
■	O	■

GUESS THE CELEB

Can you name these stars by seeing close ups of their famous faces?





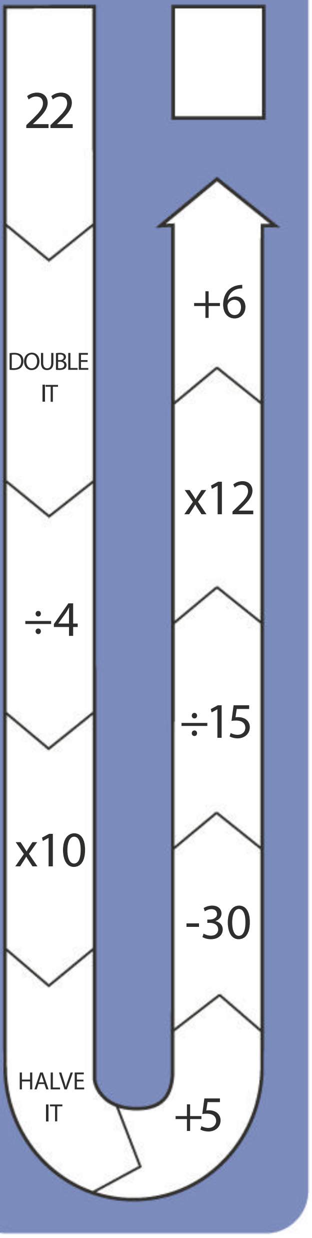
WHAT ON EARTH?

Can you guess what everyday object this super zoomed in photo shows?

ued...

ROUND SUM

Work out the solution to the sum by following the instructions contained within the arrow.



CODEBREAKER

When you've solved this codebreaker, the identity of our disguised celebrity will be revealed in the shaded squares. Then, the same code will help you complete the lower grid and read a mystery fact about them.

	3		15	4	21	22 L	26	6	26	18	16		7	
	9		4			12 O		12			17		9	
9	19	26	10		9	11 B	12	14	17		22	12	25	18
	26		5		10			17			21		17	
9	3	21			13	9	23	16		15		9	1	3
15		4	1	24						26	12	24		17
20		23		26						24		18		24
4	24	23	26	21						2	1	26	24	15
24		22		21						13		8		26
6		17	7	17						16	12	4		24
18	9	1		15		13	9	22	25			17	2	2
	22		22			26			26		11		9	
20	26	11	17		26	24	15	17	19		1	9	14	17
	5		10			2		22			9		17	
	17		10	8	4	17	9	5	26	24	2		22	

A ~~B~~ C D E F G H I J
K ~~L~~ M N ~~O~~ P Q R S
T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
										B	O	
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**
								L				

25	26	1	10	18		9	22	11	4	3		13	17		11	12	4	2	13	18		25	12	1

13	26	3	10	17	22	25		7	9	10		11	16		21	13	26	22		6	12	22	22	26	24	10

Pictures Shutterstock

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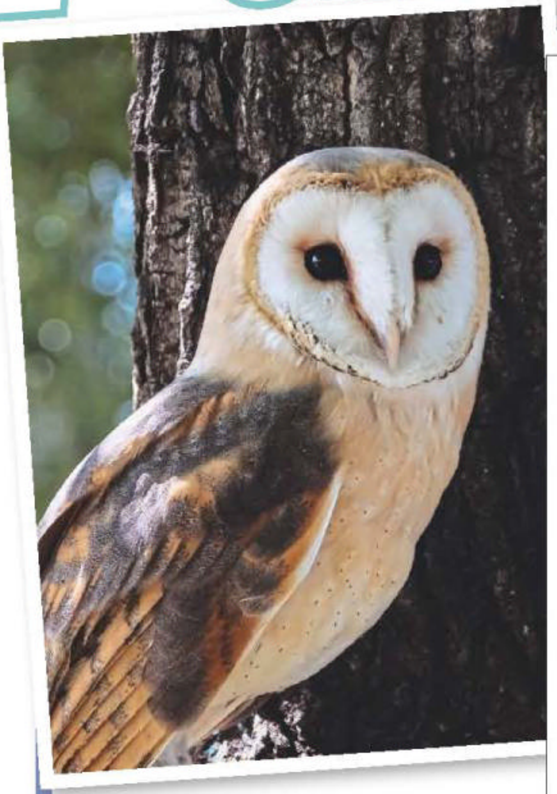


LET'S GET READY TO RAMBLE

Take this search about the sights and sounds of a country walk at a nice leisurely pace.

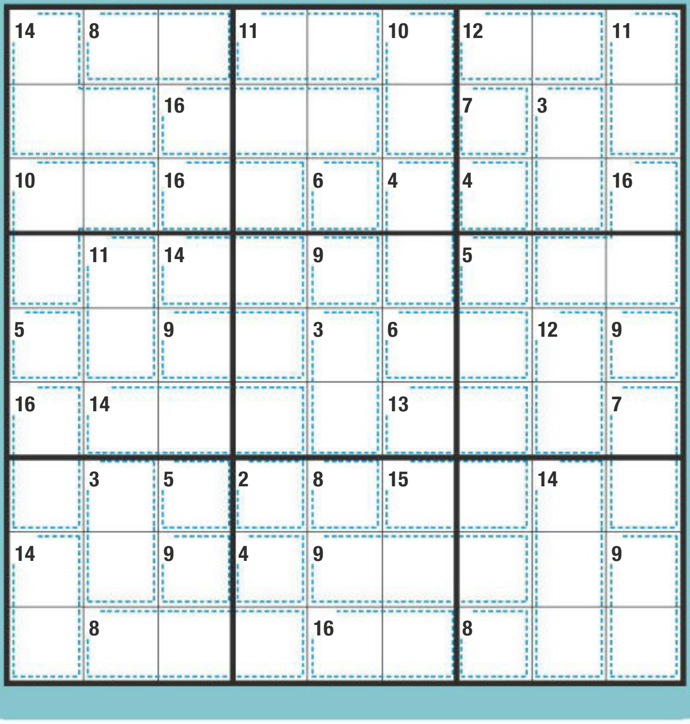
D	E	S	C	A	R	P	M	E	N	T	W	W	L	B	H	Q	J	G
V	R	U	P	L	F	C	Z	M	S	L	K	O	I	N	Y	B	E	O
B	U	R	C	S	E	C	E	E	L	F	D	R	A	Y	N	R	A	B
S	T	U	M	P	K	A	V	S	A	W	D	E	R	N	I	T	E	T
T	S	O	X	L	R	R	R	P	H	S	O	G	T	H	A	T	C	H
A	A	T	E	E	A	W	H	I	O	E	U	D	S	T	O	D	I	I
B	P	C	G	H	P	I	I	N	N	E	P	E	A	C	N	G	L	C
L	E	D	M	A	L	L	G	N	O	G	I	H	E	E	P	E	C	K
E	A	T	O	L	A	D	A	E	D	R	A	V	E	M	M	N	A	E
B	O	B	S	H	N	F	L	Y	E	M	O	L	S	R	U	D	G	T
A	Y	I	S	E	O	L	N	A	L	D	I	P	S	T	D	A	S	N
N	D	R	O	E	I	O	P	E	I	C	F	L	A	D	T	E	A	S
E	H	T	L	C	T	W	T	G	H	A	R	S	L	T	R	M	I	H
T	T	G	B	M	A	E	T	E	S	N	U	S	O	O	H	E	A	R
T	A	R	Y	N	N	R	N	T	L	S	T	C	F	G	U	W	A	C
L	P	A	A	B	U	T	T	E	R	C	U	P	U	R	T	I	A	L
E	W	Z	M	C	S	E	V	A	E	L	S	O	E	H	N	V	S	Y
S	O	I	H	A	T	I	P	S	D	O	L	W	O	N	R	A	B	B
K	T	N	T	N	O	O	N	I	G	P	B	R	A	C	K	E	N	M
R	Y	G	W	E	L	I	R	S	I	G	N	P	O	S	T	I	R	N

BADGER
BARN OWL
BARNYARD
BIRDSONG
BRACKEN
BUTTERCUP
CLEARING
COTTAGE
DOVECOTE
ESCARPMENT
FLEECE
FOREST
GRAZING
HAMLET
HARVEST
HAWTHORN
HEDGEROW
HILLSIDE
INSECTS
LEAVES
LICHEN
MAY BLOSSOM
MEADOW
NATIONAL PARK
NETTLES
PASTURE
PATHWAY
PLOUGHMAN
SCRUB
SHEPHERD
SIGNPOST
SPINNEY
STABLE
STUMP
SUNSET
THATCH
THICKET
TOWPATH
TRACTOR
TRAIL
WILD FLOWER
WINDMILL

ued...

KILLER SUDOKU

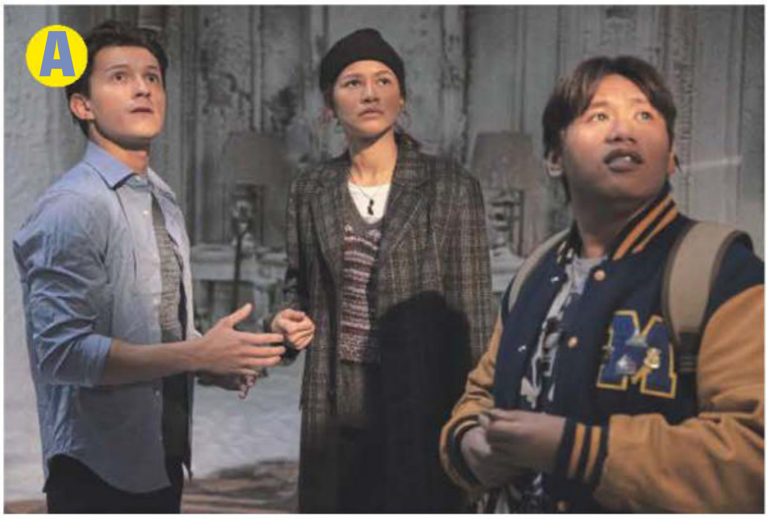
Killer Sudoku is based on the traditional sudoku grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But there's a twist – the dotted squares must be filled with numbers that add up to that in the left corner.

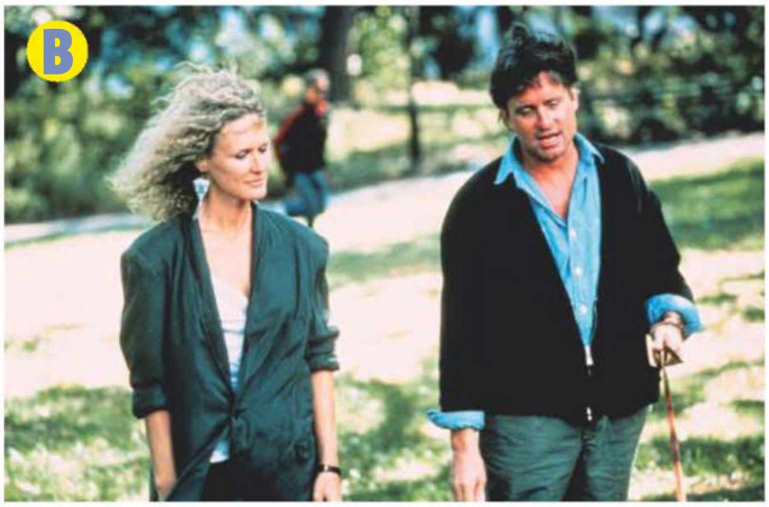


14	8		11		10	12		11
		16				7	3	
10		16		6	4	4		16
	11	14		9		5		
5		9		3	6		12	9
16	14				13			7
	3	5	2	8	15		14	
14		9	4	9				9
	8			16		8		

GUESS THE MOVIE

Can you name these famous films from looking at just one scene?

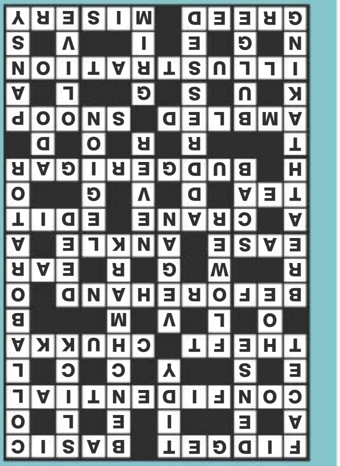




Pictures Shutterstock

THIS WEEK'S SOLUTIONS

BITS & PIECES



GUESS THE CELEB

A Denzel Washington
B Tasha Ghouri

WHAT ON EARTH?

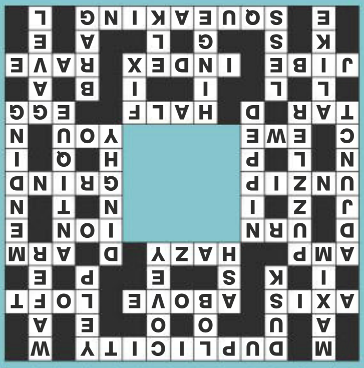
Sticky Note

ROUND SUM

30

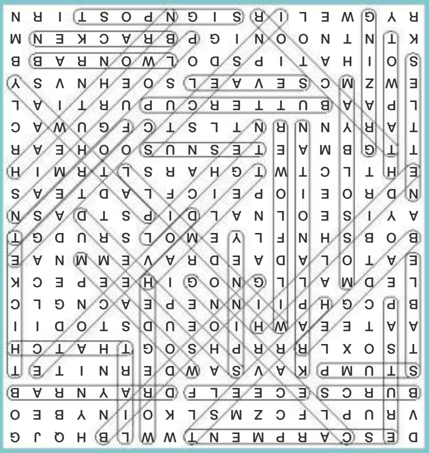
CODEBREAKER

1	2	3	4	5	6	7	8	9	10	11	12	13
R	G	M	U	K	C	W	Q	A	S	B	O	H
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**
V	D	Y	E	T	X	J	P	L	Z	N	F	I



Celebrity David Mitchell **Fact** First album he bought for himself was by Phil Collins.

WORDSEARCH



KILLER SUDOKU

1	6	2	7	4	8	3	9	5
4	9	8	3	5	2	7	1	6
3	5	7	9	6	1	4	2	8
2	4	6	8	9	3	5	7	1
5	7	3	6	1	4	2	8	9
9	8	1	5	2	7	6	4	3
7	1	5	2	8	6	9	3	4
8	2	9	4	3	5	1	6	7
6	3	4	1	7	9	8	5	2

GUESS THE MOVIE

A Spider Man No Way Home
B Fatal Attraction

*NB for Prize Puzzles information, see page 53

NICOLE SCHERZINGER When she's not singing her heart out on Broadway, Nicole, 46, loves to cook. And it isn't all salads and juices either – she's also a big fan of a Sunday roast, and sometimes even has two in one day.

MADONNA
Nobody wants their clothes to be smelly – especially Madonna! The queen of pop, 66, can be seen washing out her garments in a sink, and even gave them an iron too!

JODIE FOSTER
Dropped some food at an event? Trust Jodie, 62, to get out the vacuum cleaner and hoover up some crumbs. No spillage is safe...

Domestic GODDESSES

These stars don't mind getting their hands dirty around the house

JENNIFER LOPEZ
While open flames and sequins might not be the most sensible mix, we have to admit that J-Lo, 55, makes cooking look très chic in her elegant gown.

KATE MIDDLETON AND KING CHARLES
Kate, 42, and King Charles, 76, practised their ironing skills with some cute kids; although we're not actually sure if they were the ones teaching the children or the other way around...

AMANDA HOLDEN
Mowing the lawn in... a wedding dress and tiara? If anyone can somehow pull it off, it's Amanda, 53. Next thing you know, she'll be cutting the grass on her renovation show with Alan Carr!

By Isobel Lewis. **Pictures** Instagram, eroteme.co.uk, Getty Images, WireImage

Plays the melody of:
'The Wind Beneath
My Wings'

Forever in My Heart

Musical Glitter Globe

On
Angel's Wings
you were taken,
But in My Heart
you will stay

Actual size of product
is approx. 5.75
inches (14.6 cm)
in height.

Shines with 22-carat gold-plating and two hand-set Svenka™ crystals on lustrous *Heirloom Porcelain*®

Handpainted sculptural angel and swirling glitter inside the musical water globe

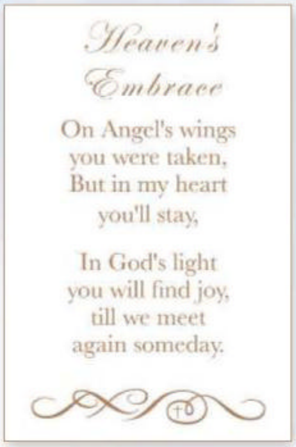
Handpainted ivory Heirloom Porcelain® base displays a heartfelt sentiment

The Comfort Of Your Loved One In Heaven

Though a loved one may pass, we gain strength in our faith that Heaven is at their journey's end. Now the love that's forever in your heart inspires the *'Forever In My Heart' Musical Glitter Globe,* a Bradford Exchange exclusive. The crystal-clear glass water globe features a hand-sculpted, handpainted angel and swirling, reflective glitter. Lavished with 22-carat gold-plating, the handpainted *Heirloom Porcelain*® base sparkles with two genuine Svenka™ crystals. A heartfelt message and 22-carat gold-plated flourishes accent the ivory base.

Strictly Limited Edition... Order Now!

Accompanied by a Certificate of Authenticity, a Poem Card and our famous 365-day guarantee, this musical edition is available for just two interest-free instalments of £39.99 – that's only £79.98 (plus £6.99 S&S)*. Pay nothing now – simply complete and return your Priority Order Form.


Heaven's
Embrace

On Angel's wings
you were taken,
But in my heart
you'll stay,

In God's light
you will find joy,
till we meet
again someday.

Includes a beautiful Poem Card

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Address..

....

Postcode.............................. Phone..

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Applicants must be aged 18 or over. Please note, we may contact you via mail, email and mobile with information about your reservation. For details of our privacy policy, please go to www.bradford.co.uk/privacypolicy or contact us at the above address or phone number.

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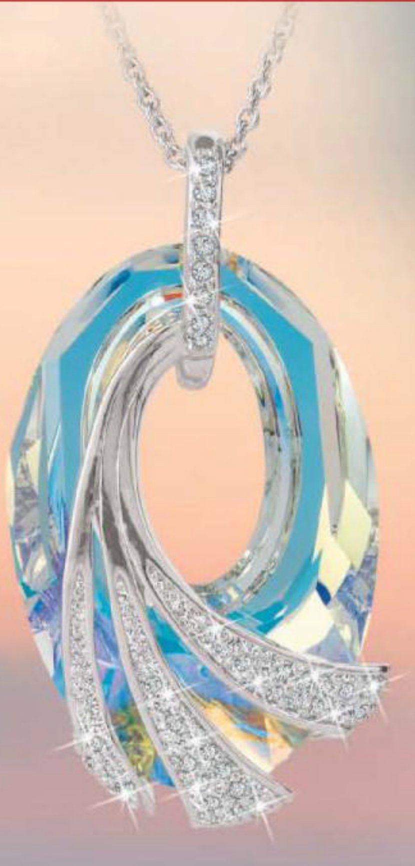
***Or call on* 0333 003 0019**

Lines are open: Mon-Thurs 10-6 Fri 9-5 Sat 9-4

and quote reference code 458609

OOPS! WE MESSED UP…
(WILL YOU EXCUSE US, PLEASE?)



1¼" tall. Chain is 18".

The
SHIMMERING SEA
crystal pendant

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The
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crystal pendant

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